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The Wayne Herald

Thursday, May 20, 2021 145th Year - No. 34

Daily updates, video and more on the Web at www.mywaynenews.com



(Photo by Clara Osten)

Top of the class

Wayne High School celebrated graduation on May 15. Pictured above are the six Valedictorians for the Class of 2021. They include (left) Dylan Anderson, Emily Eilers, Claire Lindsay, Jacob Kneifl, Emily Longe and Christopher Woerdemann. The six used the word "Change" to address their classmates - Commitment, Humility, Adaptability, Non-Conformity, Goals and Encouragement.

Commissioners discuss 4-H position

By Clara Osten,
clara@wayneherald.com

Discussion on the option to have the 4-H Assistant position for Wayne County become a University of Nebraska employee was one of the topics on the agenda when the Wayne County Board of Commissioners met in regular session on May 18.

Amy Topp, UN-L Engagement Zone Coordinator, spoke to the commissioners about the possibility of the change.

Topp said the position would be funded by the county. The individual in the position would be required to have a bachelor's degree and the salary would be determined by UN-L. The position would involve teaching as 4-H strives to serve more youth in

and out of school settings.

Commissioner Terry Sievers said he was concerned that the county would be paying for an employee "but have no relationship with this person. I would feel much more comfortable if this were a cost-share position."

Commissioners will visit with other counties who are using this process and make a decision at a future meeting.

In other action, the board heard an update from representatives with Blattner Energy on the wind project in Wayne County.

A map of the work currently being completed was presented, as was information on specific areas that are being worked on

and where the project will go in the near future

Emergency Manager Nic Kemnitz presented bids for a UTV to be used by the Emergency Management department.

The vehicle would be used at events such as the Wayne County Fair and the Ponca State Expo, as well as be available for emergencies.

Following a review of the bids and specifications, the board voted to allow Kemnitz to purchase the vehicle he feels will best meet the county's needs.

The Wayne County Board of Commissioners will next meet in regular session on Tuesday, June 1 at 9 a.m. at the courthouse.

Memorial Day programs are scheduled throughout the area

After a year of having only a limited number of in-person programs, the majority of area communities are planning Memorial Day programs for the weekend of May 30-31.

The Memorial Day program at St. Anne's Cemetery at Dixon will be held following current health directive guidelines for outdoor events. The program will take place, weather permitting, on Sunday, May 30 at 2:30 p.m. at the cemetery one-half mile east of the Dixon Post Office.

Those attending should plan on arriving by 2:15 p.m. so that the program may start on time. The Laurel Veteran's group will assist with the ceremony.

In case of significant rain or high winds at the time of the ceremony, the event will be canceled.

In Wayne, flags will be put up at Greenwood Cemetery on Thursday, May 27, beginning at 6 p.m. Local Boy Scouts are planning to assist with the project and the public is welcome to join as well.

This year's Memorial Day Program will begin at 10 a.m. on Monday, May 31 in Veteran's Memorial Cemetery. It is being organized by the Wayne Consolidated Veterans organization.

Speaking at the program will be Galen Wiser. He will also read the Role of Honor. Music will be provided by the Wayne High School band.

In case of inclement weather, the program will be held in the Wayne High School gym. The Allen American Legion and Legion Auxiliary will be putting up the Avenue of Flags on Friday, May 28 at 5 p.m. at Eastview Cemetery.

Memorial Day services will be held Monday, May 31 at 10:15 a.m. at the cemetery. In case of rain or inclement weather, services will then be held at the school.

The Winside Memorial Day Program will begin with visits to a number of cemeteries near Winside. Those taking part are asked to meet at the Winside Legion Post at 7 a.m. The group will travel to the following cemeteries: Theophilus, Immanuel, Swedish, Zion, Trinity Lutheran, Hoskins Community and Spring Branch before arriving at the Winside Auditorium for the 10:30 program.

Guest speaker for the Program will be Hal Daub, former US Army Infantry Captain 1966-1968; former two-year term mayor of Omaha; former four-term US Congressman for District 2; former member of Board of Regents, University of Nebraska.

Following the ceremony at Pleasant View Cemetery, the Roy Reed Unit #252 American Legion Auxiliary will hold a Memorial Day Dinner at the Winside Legion Post. This is open to the public.

The Laurel American Legion Post No 54, Veterans of Foreign Wars Post 4504 and the Laurel-Concord-Concord School are presenting this year's Memorial Day program at the Laurel Cemetery.

It will begin at 10:30 a.m. and include a prayer by Pastor Jeffery Warner, the singing of the national anthem by Angela and Ariana Barnell and the placing of flowers by American Legion and VFW Auxiliaries. Roll call of deceased members will be read by Jim Lipp.

The program will end with the playing of "Taps" as a salute to fallen comrades.

A Memorial Day dinner will be served at the Vet's Club following the program.

In Wakefield, Anton Bokemper American Legion Post 81 will host its annual Memorial Day program at the Wakefield Cemetery on Monday, May 31 at 2 p.m.

The public is welcome to attend. Those in attendance are asked to bring a lawn chair.

The Legion and Legion Auxiliary will meet at 6 p.m. on Friday, May 28 to put up flags at the cemetery.

After the ceremony at cemetery, drinks and desserts will be served at the Legion Club on Main Street.



(Photo by Clara Osten)

Amy Topp, UN-L Engagement Zone Coordinator, (left) spoke to the Wayne County Commissioners on the option to hire a 4-H Assistant through the University of Nebraska.



(Photo by Clara Osten)

Brett Davis with Waste Connections of Nebraska, Inc., (left) discussed the city's contract with his firm during Tuesday's meeting of the Wayne City Council.

Council listens to water bill concerns

By Clara Osten,
clara@wayneherald.com

After more than a year of meeting either virtually or in other locations in Wayne, the Wayne City Council held its regular meeting on Tuesday in Council Chambers at City Hall.

On the agenda were several items pertaining to water and several ordinances.

Ken Halvorsen with the Nebraska Rural Water Association presented the Initial Financial Managerial Water System Assessment to the council.

He told them the city is doing a good job with the water system and the financing of this system.

Jeannine Wriedt came before the council to contest the amount of water used at one of the properties she owns.

Wriedt, doing business as Wriedt Properties, said a water line broke in a property at 914 Windom Street, sometime in early February. She received a bill for usage of a total of 273,110 gallons for water between

Feb. 15 and April 14.

She questioned the accuracy of the meter and noted that there was little damage in the building, considering the amount of water that would have been in the building.

City staff said that it was possible to have that amount of water come from the leak and the drain would have been able to keep up with the water leak.

Following a lengthy discussion, in which it was noted that property owners have the responsibility to check on their properties, especially during cold weather, council members voted to allow Wriedt to pay the water and sewer bill over the course of 18 months.

Following a public hearing, the council gave first reading approval to an ordinance to amend the city zoning map.

The parcel of land is in the Southeast Addition to the city and will be re-zoned from I-1, Light Industrial and Manufacturing to

See Concerns, Page 4

History of the Memorial Poppy shared

Roy Reed Unit 252 - American Legion Auxiliary - Winside will resume its annual distribution of the Memorial Poppy on the Saturday before Memorial Day - May 29 from 9 a.m. - noon.

Members will be located at Bomgaard's, Pac 'N' Save, ACE Hardware and Quality Foods, all in Wayne.

As tradition, the unit Junior members, chaperoned by Senior members, will go into downtown Wayne business district and ask that all store owners and their employees wear the Memorial Poppy during the day.

Poppy canisters will be placed at Kinship Pointe in Wayne and also in Winside at Wayne County Bank, Winside Co-op and The Co-op Store through May 22.

Final distribution of the Memorial Poppy will be at the Winside Auditorium on Monday, May 31 at The American Legion's Memorial Day Program at 10:30 a.m.

Donations have been very good over the years. The Memorial Poppy is NEVER SOLD. They are given freely to anyone who would wish to wear it and from that

point it is an individual choice whether or not to give a monetary donation.

"Thank you all in advance for wearing this priceless symbol of sacrifice and for the generous donations. We could not support our Veterans without public support," organizers said. "Please wear the Memorial Poppy to honor the fallen and support the living who have worn our Nation's uniform."

After World War I, the poppy flourished in Europe. Scientists attributed the growth to soils in France and Belgium becoming enriched with lime from the rubble left by the war. From the dirt and mud grew a beautiful red poppy. The red poppy came to symbolize the blood shed during battle following the publication of the wartime poem "In Flanders Fields." The poem was written by Lieutenant Colonel John McCrae, M.D. while serving on the front lines.

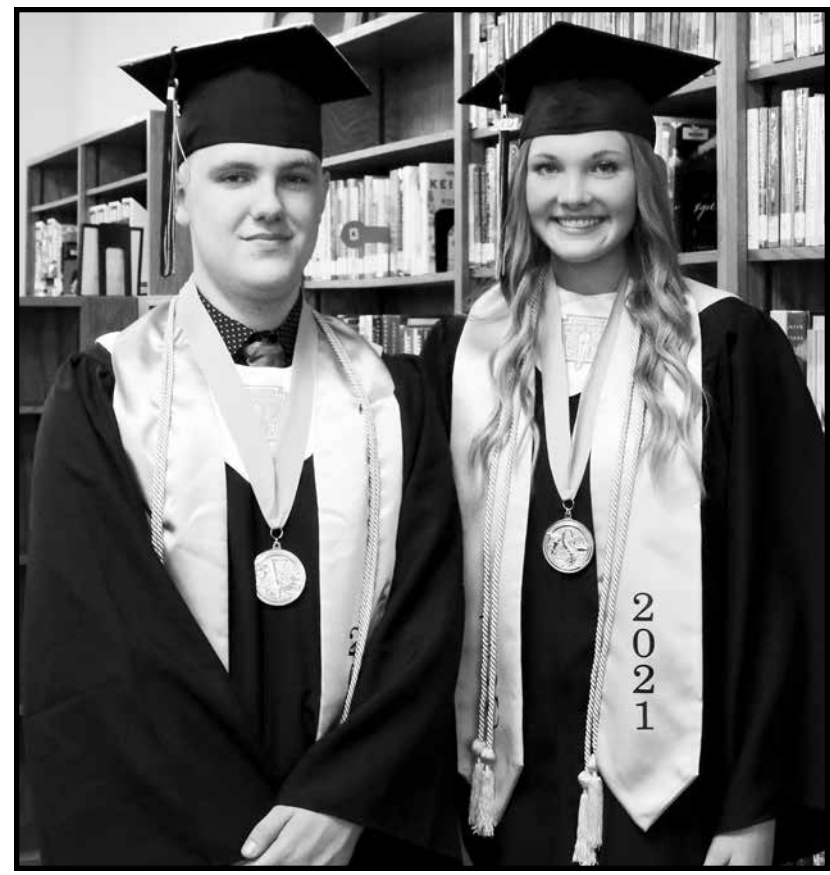
On Sept. 27, 1920, the poppy became the official flower of The American Legion Family to memorialize the soldiers who fought and died during the war. In 1924, the distribution of poppies became a na-

tional program of The American Legion.

Led by the American Legion Auxiliary, each year members of The American Legion Family distribute poppies with a hope that the person receiving the flower will make a donation to support the future of veterans, active-duty military personnel and their families with medical and financial needs.

Millions of American Legion Auxiliary poppies are distributed annually by ALA units, raising money for veterans, active-duty service members, and their families. Meeting the continuing needs of our veterans should be the concern of every American who values his or her freedom. The Auxiliary promotes the poppy as a symbol of the sacrifices our military have made, a symbol to open people's hearts and inspire them to donate.

A note of interest, the ALA Units must purchase the Memorial Poppies that are distributed to the public. So the local Units have an investment in the success of their annual Poppy Distribution Days.



The Class of 2021 at Laurel-Concord-Coleridge posed for one last group photo before graduation ceremonies at the school on May 15.

Ethan Cross and Erica Wolfgram were the Valedictorian and Salutatorian at Laurel-Concord Coleridge.

Laurel-Concord-Coleridge and Wakefield graduations



Graduation ceremonies at Wakefield Community Schools were held May 16. (at left) graduates turn their tassels at the end of the ceremony. (center) addressing their classmates were Abi Hernandez and T'Kayeh Sterling. (above) this year's Salutatorian was Sahrai Luna (left) and Valedictorian was Blake Rapper. Also speaking during the ceremony was Katie VanderVeen. The graduation address was given by Mrs. Zoe Vander Weil.

United Way short of goal - seeking donations

In an effort to provide assistance to 17 local agencies, the Wayne United Way set a goal of collecting \$34,800 for the 2020-2021 campaign. However, at this time, the organization is short of its goal by several thousand dollars and is looking to the community to help provide funds for these agencies.

Wayne United Way is a 501(c) 3 organization and contributions are tax deductible.

Members of the Wayne United Way Board include Mike Varley, president; Angie Fredrickson, secretary; Brandon Manquist, treasurer and Lori Carollo, Jim Frank, Michelle Meisenbach, Bobby Young, Scot Saul, Peggy Triggs and Clara Osten.

Donations to the Wayne United Way campaign can be sent to P.O. Box 65, Wayne, Neb. 68787.



Those receiving assistance include:

Northeast Nebraska Community Action Partnership, WEB (Where Everyone Belongs - formerly FRIENDS), Wayne Community Theatre, Wayne County Historical Society, Wayne County Family Coalition, Wayne Activity Center, Wayne Girl Scouts, Wayne Senior Center, Wayne Haven House, Northeast Nebraska Child Advocacy Center, Wayne Public Library, Salvation Army, Team-Mates of Nebraska, Wayne Association of Congregations and Ministers, Greenwood Cemetery, Wayne Boy Scout Troop #174, Wayne Kids Club- After School Program.

Each year these agencies bring to the United Way a request for funding for a specific part of their program. Following the presentations, the United Way Board determines the goal for funding these requests. After funds are collected the agencies receive funds based on the amount of the goal collected.

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(Photos by Clara Osten)

Long-awaited day

After a challenging year, and many changes, seniors at Wayne High School celebrated graduation on May 15. (left) class members listen to advice from this year's speaker, Mrs. Karen Schardt. (above) graduates turn their tassels to indicate they are graduates. The Wayne High School band and High School Concert Choir were also part of Saturday's ceremony. In addition to the graduates, recognition was given to the five teachers who are retiring this year - Liz Garvin, Joan Hansen, Carolyn Harder, Brad Hoskins and Monica Jensen.

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PMC announces plans for expansion

Providence Medical Center in Wayne has announced plans for a 19,885 square foot addition as well as a 19,792 remodel of the existing facility.

CEO Jim Frank said the addition will extend the current facility into the southeast parking lot and create space for a new outpatient clinic, expand the radiology department and the main entry into the facility.

Construction is already underway with Darland Construction of Omaha as the general contractor for the project. The firm is familiar with the facility as they have completed previous projects at the hospital.

Work is currently being done to remove the former ambulance garage on the south side of the facility.

The project will be completed in phases and take two years to complete. The hospital will remain 100 percent operational throughout the entire process. However, those needing to use outpatient services will be required to enter through the main doors of the hospital.



(Photo by Clara Osten)

The area that was once the ambulance bay on the southeast corner of Providence Medical Center is now being prepared for new construction.

Among the areas to be part of the project is a new main entry to the facility. This will allow everyone entering the hospital to have a single point of entry.

A reception and registration area will be available inside the front door and there will be enhanced access control to the building, allowing the hospital to have better control of those entering the building.

As radiology volumes continue to increase, the project will allow for additional space to accommodate new equipment needed to provide for the needs of patients.

"The hospital is in need of a new MRI machine and the current space will not allow for the new equipment. The need to replace this equipment is really what got us to start seriously looking at space requirements," Frank said. "The current MRI equipment uses approximately 700 square feet, the new machine will require 1,400 square feet."

Upgrades will be made to the outpatient area of the hospital also.

At the present time, there are 17 specialty clinics at Providence Medical Center, with 22 different providers visiting the hospital.

"Outpatient services is the future of healthcare," Frank said. "We are always looking to add additional specialists if it makes sense for us."

In the surgery area of the hospital, a larger operating suite will be added as will a self-contained pre- and post-surgical area.

All patient rooms will be private as will the post-surgical area, allowing for an enhanced patient experience.

Upgrades will be made to all the hospital's remaining mechanical services, some of which have not been upgraded since they were installed.

Cost for the entire project is \$13 million. Of that amount, the hospital is using bond financing for \$7 million and will use cash reserves for the remainder.

A formal ground breaking event is being planned for Friday, June 25 at the hospital.

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5/17/2021

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NNPHD serves Cedar, Dixon, Thurston & Wayne Counties.

This project costs \$8,000 and is 100% funded by the Substance Abuse and Prevention Treatment Block Grant provided by DHHS/DBH & Region 4 Behavioral Health System.

Concerns

From Page 1A
R-4, Residential.

City Administrator Wes Blecke said that there is not a project being planned for the area currently, but the change would allow for the area to be developed.

The third reading of an ordinance to amend the city's code in regard to building code regulations was tabled.

The city's building code is currently being updated to more closely match that of the code in Norfolk and changes are being made.

Discussion was held on the use of a temporary occupancy permit and what items would be allowed to be unfinished in a project and a permit still issued. These involved safety issues and cosmetic issues.

Discussion also centered on whether or not to raise the deposit on projects to encourage completion in a timely manner.

Council members also approved the appointment of Phil Monahan as Fire Chief for the Wayne Volunteer Fire Department. Monahan has served in this capacity for nine years.

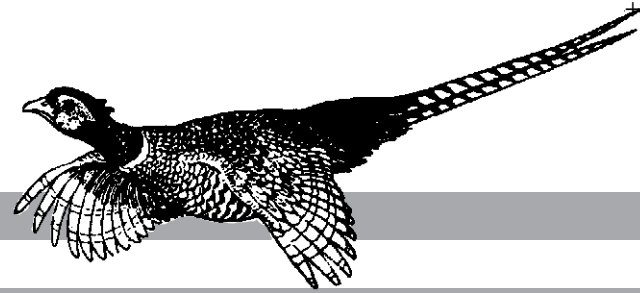
Also approved was the application for cadet membership for Cooper Zara to the Wayne Volunteer Fire Department.

An agreement between the city of Wayne and Waste Connections of Nebraska, Inc. for the operation of the Wayne Recycling & Trash Center (RTC) was approved.

The new agreement is for five years and includes information on several services Waste Connections will provide to the city.

Currently the RTC is open to the public 15 hours a week and city staff will work with Waste Connections to determine if a change in when the RTC is open would be possible. A recent survey of those using the facility indicated a desire to have the facility open some evening hours.

The Wayne City Council will next meet in regular session on Tuesday, June 1 at 5:30 p.m. in Council Chambers at City Hall.



Sports

Athletes honored at Wayne High Awards Night

Wayne High athletes were honored with awards earned during the 2020-21 school year at Monday's Athletic Awards Night at Wayne High School. Inducted into the Wayne High Athletics Hall of Fame were athletes Karissa (Hochstein) Parks,

Jeff Lutt and Jacob Zeiss, along with the 1942 Class B state champion boys basketball team.

Most Valuable Player awards in each sport included:

Boys Cross Country: Jesus Zavala
Girls Cross Country: Laura Hasemann

Football: Reid Korth
Girls Golf: Natalie Bentjen

Softball: Kendall Dorey
Volleyball: Lauren Pick

Boys Basketball: Tanner Walling
Girls Basketball: Brooklyn Kruse

Wrestling: Reece Jaqua
Boys Bowling: Brogan Foote

Girls Bowling: Jamie Janke
Baseball: Jacob Kneiff

Boys Golf: Tanner Walling
Boys Track: Layne Evans

Girls Track: Brooklyn Kruse
Other awards presented included:

— Distinguished Athlete: Reid Korth and Brooklyn Kruse

— Terry Johnson Award: Frantzie Barner

— Moller Memorial Award: Jacob Kneiff and Natalie Bentjen

— Booster Club Scholarships: Andi Belt, Nolan Hunke, Reid Korth, Koby Nelson

— Sportsmanship Award: Reid Korth and Laura Hasemann

— Stan Stednitz Memorial Cross Country Award: Christopher Woerdemann and Laura Hasemann

— Larry Gamble Memorial Award: Raul Palma

— KTCH/KCTY Runza Scholarship: Jacob Kneiff and Emily Longe

— Master Sports Award: Andi Belt, Nolan Hunke, Reid Korth, Koby Nelson

— Lincoln Journal Star Academic All-State: Reagan Backer, Brandon Bartos, Natalie Bentjen, Treyton Blecke, Courtney Brink, James Dorcey, Kendall Dorey, Nicole Fertig, Peyton French, Nolan Hunke, Jacob Kneiff, Kiara Krusemark, Nathan Kufner-Rodriguez, Emily Longe, Mikaela McManigal, Lane Muhs, Hope O'Reilly, Lauren Pick, Sydney Redden, Taytum Sweetland, Colton Vovos, Tanner Walling, Ethan Wibben, Christopher Woerdemann.



(Photo by Michael Carnes)

MVP winners from Monday's Wayne High Athletic Awards Night were (front) Jesus Zavala, Tanner Walling, Reid Korth, Layne Evans, Jacob Kneiff, Reece Jaqua, Brogan Foote, (back) Laura Hasemann, Jamie Janke, Lauren Pick, Brooklyn Kruse, Natalie Bentjen and Kendall Dorey.



(Photo by Michael Carnes)

The 2021 inductees into the Wayne High Athletics Hall of Fame are Karissa (Hochstein) Parks and Jacob Zeiss. Not pictured are Jeff Lutt and the 1942 Class B state champion basketball team.

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MEN'S Total Points standings for season

Nicklaus Division	Palmer Division
Team 1 22	Team 44 24.5
Team 5 20.5	Team 41 24
Team 7 17.5	Team 43 24
Team 21 17.5	Team 52 23
Team 17 17	Team 39 20.5
Team 6 16.5	Team 48 19
Team 13 16.5	Team 50 17.5
Team 14 16.5	Team 31 17
Team 3 16	Team 33 16.5
Team 9 16	Team 32 16
Team 23 16	Team 49 16
Team 11 15.5	Team 51 15.5
Team 12 15.5	Team 37 15
Team 25 15.5	Team 35 14
Team 8 14.5	Team 27 13.5
Team 19 14	Team 34 13.5
Team 20 14	Team 40 13
Team 4 13	Team 45 12.5
Team 18 13	Team 38 11
Team 26 13	Team 47 10.5
Team 2 12.5	Team 30 10
Team 10 12.5	Team 36 10
Team 22 12.5	Team 28 9.5
Team 24 12.5	Team 42 8.5
Team 15 11.5	Team 46 8
Team 16 8.5	Team 29 7.5

Low Scores (5/12/21)

A players: Mike Varley 34, Kyle Schellpeper 35, Andi Diediker 36, Alex Salmon 36.
B players: Chris Kellen 37, Dan Heithold 39, Ryan Dahl 39, Ransen Broders 39, Tyler Hendrix 39.
C players: Craig Walling 37, Logan McPhillips 39, Corby Schweers 42.



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Area athletes earn qualifying nods for state meet

PONCA — Wakefield's boys track and field team claimed runner-up honors and the area will be well-represented for this week's State Track and Field Championships.

The Wakefield boys track and field team won six events and claimed runner-up honors in the C-4 district meet Thursday at Ponca.

The Trojans swept the sprints, won two of three relays and got a win from Cade Johnson in the triple jump to highlight their state qualifying efforts.

Blake Brown won the 100 and 200 and Justin Erb took the 400 to highlight efforts on the track. Logan Bokemper was second in the 100 and Erb was second in the 200 to earn state qualifying efforts.

In the relays, Erb, Bokemper and Brown were joined by Gabe Lam-

precht, who also qualified in the long jump, to win the 1,600-meter relay. Bokemper, Brown, Erb and Sam Nuno won the 400-meter relay.

Deagan Puppe of LCC qualified in both hurdle events. He and brother Dan Puppe went 1-2 in the 110-meter hurdles, and Deagan was the runner-up in the 300-meter hurdles.

In girls competition, Wakefield freshman Jordan Metzler and Tri County NE senior Jordyn Carr both qualified in four events to highlight the area effort.

Carr won the 100 and long jump, took second in the 200 and was joined by Bryn Schock, Alli Jackson and Brianna Bousquet on the winning 1,600-meter relay team.

Metzler was runner-up in four events, taking second in the 400,

300 hurdles, long jump and triple jump.

Other area athletes who qualified for state were Anna Lundahl (first in discus) of Wakefield, Rhyanne Mackling (second in 3,200) and Alli Jackson (first in triple jump) of TCNE, and LCC athletes Berniece McCorkindale (second in shot put) and Erica Wolfgram (second in high jump).

Area athletes will compete Friday and Saturday at Omaha Burke High School.

C-4 District at Ponca
Girls Team Standings
Crofton 120, Ponca 99, Tri County NE 89, Hartington CC 87, Wakefield 52, B-R/L-D 34, LCC 24, Homer 21, Winnebago 0.

Area Medalists (Top two qualify)
100: 1. Jordyn Carr, TCNE, 12.91. 200: 2. Carr, 27.17. 400: 2.

Jordan Metzler, Wakefield, 59.98; 3. Alli Jackson, TCNE, 1:01.16; 6. Aishah Valenzuela, Wakefield, 1:10.19. 800: 3. Jackson, 2:27.87. 1,600: 4. Rhyanne Mackling, TCNE, 6:12.47. 3,200: 2. Mackling, 13:01.48; 4. Brianna Bousquet, TCNE, 13:42.96. 100 Hurdles: 6. Kinsey Hall, LCC, 18.34. 300 Hurdles: 2. Metzler, 49.55; 3. Brynn Schock, TCNE, 53.27; 6. Ella Hartung, LCC, 55.21. 400 Relay: 5. LCC (Hartung, Hall, Erikson, Wolfgram), 55.70; 6. Wakefield (Borg, Brudigam, Valenzuela, Arenas), 56.16. 1,600 Relay: 1. TCNE (Carr, Schock, Jackson, Bousquet), 4:17.44; 5. Wakefield (Nuernberger, Beaty, Arenas, Armitage), 5:06.37. 3,200 Relay: 5. Wakefield (Borg, Boeckenbauer, Mattes, Borg), 12:18.94; 6. TCNE (Anderson, Sattler, Kraemer, Doyle), 12:32.84. High jump: 2. (tie)



(Photo by Michael Carnes)

Wakefield's boys dominated the sprint events at the C-4 district meet, including this 1-2 finish with Blake Brown and Logan Bokemper in the 100-meter finals.

Erica Wolfgram, LCC, 4-10. Long jump: 1. Carr, 16-11; 2. Metzler, 15-9 1/2; 5. Hall, 14-7; 6. Mallory Erikson, LCC, 13-11. Triple jump: 1. Jackson, 34-5 1/4; 2. Metzler, 33-6; 5. Alex Arenas, Wakefield, 31-0. Shot put: 2. Berniece McCorkindale, LCC, 34-3; 3. Carly Dickens, TCNE, 33-8; 5. Makenna Decker, Wakefield, 31-7 1/4. Discus: 1. Anna Lundahl, Wakefield, 117-8; 5. Regan Kuhlman, LCC, 98-1.

Boys Team Standings
Hartington CC 149, Wakefield 109, B-R/L-D 59, LCC 54, Tri County NE 52, Ponca 42, Crofton 41, Homer 20, Winnebago 1.

Area Medalists (Top two qualify)
100: 1. Blake Brown, Wakefield, 11.13; 2. Logan Bokemper, Wakefield, 11.34; 5. Joe Grone, TCNE, 11.90. 200: 1. Brown, 23.05; 2. Justin Erb, Wakefield, 23.23; 3. Steven Sullivan, TCNE, 23.85. 400: 1. Erb, 51.82; 4. Wilton Roberts, LCC, 54.54; 5. Markus Martin, LCC, 55.67. 1,600: 3. Cade Johnson, Wakefield, 4:55.87. 3,200: 5. Ryan Anderson, Wakefield, 10:41.72. 110 Hurdles: 1. Deagan Puppe, LCC, 15.07; 2. Daniel Puppe, LCC, 15.68; 4. Ty Krommenhoek, TCNE, 16.66. 300 Hurdles: 2. De. Puppe, 43.66; 3. Gabe Lamprecht, Wakefield, 44.40; 4. Krommenhoek, 46.22; 5. Da. Puppe, 47.28. 400 Relay: 1. Wakefield (Bokemper, Brown, Nuno, Erb), 45.11; 2. LCC (Da. Puppe Martin, Roberts, De. Puppe), 46.05; 3. TCNE (Kinnaman, Sullivan, Hingst, Grone), 46.30. 1,600 Relay: 1. Wakefield (Erb, Bokemper, Lamprecht, Brown), 3:32.27; 4. LCC (Martin, Rasmussen, Haisch, Roberts), 3:45.27. 3,200 Relay: 2. TCNE (Dickens, Gregg, Kumm, Heikes), 9:33.23; 4. Wakefield (Chase, Sotello, Beltran, Valenzuela), 9:46.34; 5. LCC (Nelson, Leonard, T. Olson, D. Olson), 9:51.42. High jump: 3. Brock Mackling, TCNE, 5-7; 4. Gael Sotello, Wakefield, 5-7; 5. Krommenhoek, 5-5; 6. Shane Benson, LCC, 5-3. Pole vault: 6. Trace Naeve, LCC, 9-5. Long jump: 2. Lampre-

cht, 20-0; 4. Sullivan, 18-10 1/2; 6. Samuel Nuno, Wakefield, 18-5 1/2. Triple jump: 1. Cade Johnson, Wakefield, 41-6 3/4; 3. Sullivan, 40-3 1/4; 5. Hunter Schultz, Wakefield, 38-6 1/2. Shot put: 4. Josh Olesen, TCNE, 44-5. Discus: 4. Austin Hall, LCC, 132-11.



(Photo by Michael Carnes)

Brothers Deagan and Dan Puppe ran 1-2 in the finals of the 110-meter hurdles in the C-4 district track meet Thursday in Ponca. Both LCC hurdlers qualified for state.



(Photo by Michael Carnes)

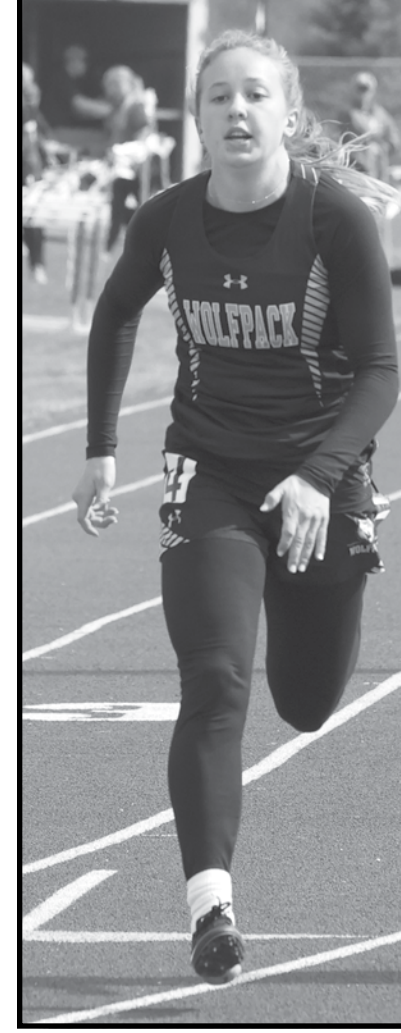
Wakefield freshman Jordan Metzler qualified in four events at the C-4 district meet, finishing second in the 400, 300 hurdles, long jump and triple jump.



(Photo by Mary Vanderbeek)

Mikey C Productions donates to Booster Club

Wayne Area Boosters Club president Kevin Peterson (left) accepts a check from Michael Carnes, president of Mikey C Productions for \$2,000. The money represents sales of photos and other items ordered by parents of Wayne High athletes during the 2020-21 school year.



(Photo by Michael Carnes)

Tri County Northeast's Jordyn Carr qualified in three events, innng the 100 and the long jump and taking second in the 200. She also ran a leg on the state-qualifying 1,600-meter relay.

Wayne Country Club Junior Golf

2-Week Session • \$80 Per Student

SESSION 1	SESSION 2
Level 1 Ages 6-9 Clinics Tuesday, June 8 • 8:00-8:40 a.m. Wednesday, June 9 • 8:00-8:40 a.m. Tuesday, June 15 • 8:00-8:40 a.m. Wednesday, June 16 • 8:00-8:40 a.m.	Level 1 Ages 6-9 Clinics Tuesday, June 22 • 8:00-8:40 a.m. Wednesday, June 23 • 8:00-8:40 a.m. Tuesday, June 29 • 8:00-8:40 a.m. Wednesday, June 30 • 8:00-8:40 a.m.
Level 2 Ages 10-12 Clinics Tuesday, June 8 • 9:00-10:00 a.m. Wednesday, June 9 • 9:00-10:00 a.m. Tuesday, June 15 • 9:00-10:00 a.m. Wednesday, June 16 • 9:00-10:00 a.m.	Level 2 Ages 10-12 Clinics Tuesday, June 22 • 9:00-10:00 a.m. Wednesday, June 23 • 9:00-10:00 a.m. Tuesday, June 29 • 9:00-10:00 a.m. Wednesday, June 30 • 9:00-10:00 a.m.
Level 3 Ages 13-17 Clinics Tuesday, June 8 • 10:30-11:30 a.m. Wednesday, June 9 • 10:30-11:30 a.m. Tuesday, June 15 • 10:30-11:30 a.m. Wednesday, June 16 • 10:30-11:30 a.m.	Level 3 Ages 13-17 Clinics Tuesday, June 22 • 10:30-11:30 a.m. Wednesday, June 23 • 10:30-11:30 a.m. Tuesday, June 29 • 10:30-11:30 a.m. Wednesday, June 30 • 10:30-11:30 a.m.

All Levels — On Course June 10 and 17 9:00 a.m. to 10:45 a.m.

All Levels — On Course July 24 and July 31 9:00 a.m. to 10:45 a.m.

14 Students maximum per level.
Instructors are Kyle Schellpeper, PGA and Joey Baldwin, Wayne State College Golf Coach.
Send payments, along with registration slip to:
Wayne Country Club, POB 185, Wayne, NE 68787 to reserve your spot.
Call 402-375-1152 with questions

Name: _____ Age: _____ Session: 1 or 2
Address: _____ Phone # _____

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Wayne sends group to state track



Ron Dalton and Emily Longe

Inaugural Mavis Dalton Memorial Scholarship presented

Emily Longe, a 2021 graduate of Wayne High School, was the first recipient of the inaugural Mavis Dalton Scholarship to continue her education. Mavis' husband, Ron, was present at the recent Honors Night to make the presentation.

He told those in attendance that Mavis taught physical education at Wayne High School from 1968-1986. During that time she was the head volleyball coach for 12 years and head girls' track coach for 10 years. It was her leadership that brought girls' athletic programs to Wayne.

Mavis coached the first girls' varsity sport, volleyball, in 1973, and was the driving force in the addition of track a year later.

The Mavis Dalton Memorial Scholarship will award a \$1,000 annual scholarship to a Wayne High School senior female athlete, with preference given to volleyball and track athletes, who best exemplifies the traits that Coach Dalton stood for - hard work, leadership, dedication and perseverance.

"Our family hopes that Mavis' love of sports and dedication to girls' athletes will continue to live on through this scholarship," Ron said.

ALBION — Two individuals and two relays from Wayne High punched their tickets to state with qualifying efforts in the B-4 district meet Thursday at Albion.

The 3,200-meter relay of Kiara Krusemark, Laura Hasemann, Kierah Haase and Faith Powicki will be the lone girls representative for the Blue Devils in Omaha. They posted a runner-up finish with a time of 10:17.70 and will compete in the first event of the day on the

track Friday at 9 a.m.

Jesus Zavala will compete in two events after qualifying in both the 1,600 and 3,200. He was the district runner-up in the 1,600 with a time of 4:53.75, and finished third in the 3,200 in 10:35.76.

Layne Evans qualified both as an individual and as part of a relay. He was third in the 300-meter hurdles in 40.95 seconds, and joined Alex Phelps, Sedro Agoumba and Reece Jaqua on the winning 1,600-meter

team that finished in 3:30.93.

Class B competition will be Friday and Saturday at Omaha Burke High School.

B-4 District at Albion

Girls Team Standings
Boone Central/Newman Grove 107.5, Arlington 81, Columbus Scotus 77, South Sioux City 67, O'Neill 66, Pierce 64, Columbus Lakeview 37, Wayne 12, West Point-Beemer 10, Schuyler 5.5.

Wayne Medalists (top four qualify)

800: 6. Laura Hasemann, 2:37.19. Triple jump: 5. Andi Belt, 33-2. 400 Relay: 6. Wayne (Barner, Klausen, D. Kruse, Kniesche), 55.40. 3,200 Relay: 2. Wayne (Krusemark, Hasemann, Haase, Powicki),

10:17.70.

Boys Team Standings
Pierce 148, Boone Central/Newman Grove 87, West Point-Beemer 68, Columbus Lakeview 55, South Sioux City 46, O'Neill 45, Wayne 37.5, Arlington 21, Columbus Scotus 19, Schuyler 0.5.

Wayne Medalists (top four qualify)

300 Hurdles: 3. Layne Evans, 40.95. 400: 4. Sedro Agoumba, 53.37. 1,600: 2. Jesus Zavala, 4:53.75. 3,200: 3. Zavala, 10:35.76. High jump: 5. Treyton Blecke, 5-9. Pole vault: 6. Eli Barner, 11-6. 1,600 Relay: 1. Wayne (Phelps, Agoumba, Jaqua, Evans), 3:30.93. 3,200 Relay: 6. Wayne (Muhs, Kesting, Aschoff, Wibben), 10:03.63.



(Photo by Mary Vanderbeek)

Laura Hasemann runs her leg of the state-qualifying 3,200-meter relay team during B-4 district action at Albion.



(Photo by Mary Vanderbeek)

Jesus Zavala qualified in both distance events for the Wayne boys, taking second in the 1,600 and third in the 3,200.



(Photo by Michael Carnes)

Winside junior Gabe Escalante qualified in three events during D-3 district action last week in Hartington. He is shown here winning the 200-meter dash.

Escalante lone Winside qualifier for state track

HARTINGTON — Winside junior Gabe Escalante will be busy during the first day of the Nebraska State Track and Field Championships after earning three trips to state during D-3 district action last Wednesday at Hartington.

Escalante qualified for the finals in all three sprinting events and finished in the top two in each event to earn the trifecta of tickets to state. He won the 200-meter dash title in a time of 23.24 seconds and claimed the runner-up spot in the 100 and 400, accounting for 26 of Winside's 32 team points in the 11-school competition.

Winside scored in both discus events. Josh Storovich was fifth in the boys discus while Kati Topp posted a fifth-place effort in the girls discus.

Winside scored in two relay events. The boys 1,600-meter relay team placed fourth, while the girls 3,200-meter relay was sixth.

D-3 District

Girls Team Standings

Wausa 106.5, Wynot 91, Humphrey St. Francis 88, Pender 82.5, Osmond 44, Hartington-Newcastle 40, Humphrey/Lindsay HF 37, Scribner-Snyder 18, Randolph 14, Winside 3.

Winside Medalists (Top 2 to state)

3,200 Relay: 6. Winside (Marx, Naeve, Haase, Gnirk), 12:44.22. Discus: 5. Kati Topp, 97-4.

Boys Team Standings

Osmond 129, Hartington-Newcastle 84, Humphrey St. Francis 79, Wausa 72, Wynot 59, Winside 32, Pender 31, Humphrey/Lindsay HF 28, Randolph 6, Scribner-Snyder 1.

Winside Medalists (Top 2 to state)

100: 2. Gabe Escalante, 11.43. 200: 1. Escalante, 23.24. 400: 2. Escalante, 52.85. 1,600 Relay: 4. Winside (Reed, Kruger, A. Escalante, G. Escalante), 3:49.68. Discus: 5. Josh Storovich, 109-4.

Blue Devil golfers just miss on team qualifying

It was a bittersweet end to the spring golf season for the Wayne High boys golf team.

On the bright side, two golfers finished in the top 10 to earn spots in next week's Class B State Boys Golf Championships in Columbus.

That was offset by the team's overall finish, which left them just two shots shy of qualifying as a team and three shots short of winning the district championship.

The Blue Devils were in contention throughout the day, as Mount Michael, Pierce and Bennington battled Wayne for one of the three team qualifying spots in the 12-team district meet held Monday at Wayne Country Club.

In the end, Mount Michael edged Pierce in a one-hole playoff to claim the district title, while Bennington finished two shots ahead of Wayne for the third and final team spot. The Badgers shot a 327 to the Blue Devils' 329.

Tanner Walling and Bo Arm-

strong will both represent Wayne in next week's state tournament. Walling, a junior, was near the top most of the day and finished with a 79. Armstrong, a sophomore, had one bad hole on the front nine but played well enough to qualify with an 81, tying for ninth.

Drew Sharpe followed the state qualifiers with an 84, while Andrew Jones and Christopher Woerdemann rounded out the Blue Devils' day with rounds of 85.

State golf competition will be Tuesday and Wednesday at the Columbus Elks Club.

B-2 District

Team Standings (Top 3 to state)
Mount Michael 326, Pierce 326, Bennington 327, Wayne 329, O'Neill 358, Schuyler 363, West Point-Beemer 363, Columbus Lakeview 380, Omaha Roncalli 382, South Sioux City 384, Blair 388, Omaha Concordia 408.

State Qualifiers

1. Luke Gutschewski, MM, 72; 2.

Jacob Goertz, MM, 73; 3. Chaden Roth, Pierce, 75; 4. Hunter Myer, Bennington, 78; 5. (tie) Tanner Walling, Wayne; and Cullen Buscher, Bennington, 79; 7. (tie) Thomas Kenney, Roncalli; and Hunter Raabe, Pierce, 80; 9. (tie)

Abram Scholting, Pierce; and Bo Armstrong, Wayne, 81.

Area Results

WAYNE — Tanner Walling 79, Bo Armstrong 81, Drew Sharpe 84, Andrew Jones 85, Christopher Woerdemann 85.



(Photo by Michael Carnes)

Bo Armstrong tied for ninth with an 81 in district action Monday at Wayne Country Club to earn one of the 10 individual qualifying spots for next week's state tournament in Columbus.



(Photo by Michael Carnes)

Tanner Walling led the Wayne High golf team with a 78 and tied for fifth in district action to earn a spot in the state golf tournament.



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Vidlak earns All-NSIC honors

Wayne State junior Kim Vidlak was named to the NSIC All-Conference Softball Second Team announced by the league office.

Vidlak, a shortstop from Bennington, led the Wildcats in most offensive categories this season finishing with a team-best .395 batting average. She was the only Wildcat to appear in all 38 games and led WSC in hits (51), runs scored (25), doubles (8), triples (2) and at bats (129) while ranking second in RBI (20) and stolen bases (6-8).

Vidlak ended the season on a six-game hitting streak for the Wildcats and had 14 multi-hit games. Her top games included 4-for-4 with a triple and three RBI vs. University of Mary on April 14, 4-for-4 with two runs scored vs. Pittsburg State on Feb. 28, and 2-for-3 with a grand slam and four RBI in a 6-4 win over Northern State on April 24.

TCNE sends two to state golf

NORFOLK — Tri County North-east will send two golfers to the Class C state tournament next week after they qualified in C-3 district action Monday at Fair Play Golf Course.

Nathan Oswald shot an 82 to finish in a tie for seventh, and Garrett Blanke tied for ninth with an 83 to give the Wolfpack two state qualifiers in its first season of high school golf.

As a team, the Wolfpack finished eight with a 382. Rounding out the team's round were Brody Floyd with a 106, Cameron Ahlers with 111 and Ryan Anderson with a 113.

Wakefield 13th in the 16-team tournament with a 438. Leading the Trojans were Zachary Boeshart with an 84, Johnathan Birkley with 88, Jackson Pommer with 131 and Kolton Fischer with 135.

C-3 Distret
Team Standings (Top 3 to state)
Hartington CC 319, Battle Creek 342, West Holt 357, Ponca 359,

Wisner-Pilger 363, Norfolk Catholic 378, Guardian Angels CC 379, Tri County NE 382, Crofton 388, Summerland 406, Lutheran High NE 414, Wakefield 438, B-R/L-D 446. Winnebago and Elkhorn Valley did not field a full team.

State Qualifiers
1. Riley Kuehn, HCC, 72; 2. Rockney Peck, W-P, 74; 3. (tie) Payton Frederick, BC; and Cameron Adkisson, WH, 77; 5. Mack Kuehn, HCC, 78; 6. Zach Weber, Crofton, 79; 7. (tie) Jay Steffen, HCC; and Nathan Oswald, TCNE, 82. 9. (tie) Livia Hunke GACC; and Garrett Blanke, TCNE, 83.

Area Results
TCNE — Nathan Oswald 82, Garrett Blanke 83, Brody Floyd 106, Cameron Ahlers 111, Ryan Anderson 113.

WAKEFIELD — Zachary Boeshart 84, Johnathan Birkley 88, Jackson Pommer 131, Kolton Fischer 135,



(Photo by Michael Carnes)

Bowling champions get newest sign

The Wayne High Athletic Boosters announced a new version of the championship signs that will replace the old versions hanging from the south wall of the gymnasium at Wayne High School. The first of the new banners going up will be the 2021 Class A Bowling state champions banner, which was unveiled at Monday's Athletics Awards Night. With the award are team members (from left) Brianna Nissen, Jamie Janke, Andi Belt, Natalie Bentjen, Jersi Jensen and Riley Haschke.

Legislative Update

Legislature nearing end of session

This has been a big week in the Legislature. Several significant bills have been debated on the Floor, including tax exemptions, branding, bitcoin and medical marijuana.

I am happy about the result of some, and disappointed in others, but I so appreciate those of you who have taken the time to contact me in the process. It is such a privilege to represent District 17, and I will continue to work hard to stand strong for Nebraska's families. Two of my bills were advanced this week as part of Revenue Committee Priority Bills.

fans, curtains, and climate control equipment within livestock buildings; Collecting or processing an agricultural product on a farm or ranch, regardless of the degree of attachment to any real property.

Agricultural machinery and equipment will include, but is not limited to, header trailers, head haulers, header transports, and seed tender trailers. It excludes any current tractor model not permitted for sale in Nebraska.

Stillbirth tax credit
LB597, also part of a Revenue Priority Bill, advanced to Final Reading this week. It would create a \$2,000 refundable state income tax credit for the parent of a stillborn child if a death certificate is filed for the child, the child had advanced to at least the 20th week of gestation and would have been dependent of the individual claiming the credit.



Legislative Update
By Joni Albrecht
State Senator, District 17

From The Nebraska Legislature To President Biden
LR 107 was written by Senator Mike Groene and has been co-signed by at least 30 other Senators in the Nebraska State Legislature, including myself.

Still in Executive Committee, the LR expresses the intent of this legislature as a body to reaffirm our solemn oath of office, expressing a firm resolution to maintaining and defending the Constitution of the United States, and the Constitution of the State of Nebraska against every act of aggression whether foreign or domestic, including every act of unconstitutional abuse of power arising from the State or Federal Government. LR 107 confronts the Biden Administration

updating of voter files, and restrictions against ballot harvesting.

- It protests the goal of the executive branch of the federal government to restrict the private use of at least 30 percent of America's lands and waterways by 2030.
- it objects to the notion of vaccine passports being imposed on all American citizens.

Gun law brings clarity
LB236, introduced by Senator Brewer, was advanced to Select File this week. The original version of the bill would have allowed counties to authorize law-abiding Nebraskans to carry a concealed weapon without a state-issued permit.

The Attorney General expressed concerns about the constitutionality of this proposal. In response to those concerns, Senator Brewer introduced an amendment to instead incorporate bills introduced by Senators Ben Hansen, Bruce Bostelman, and Robert Clements.

These provisions would clarify that cased, unloaded firearms are not concealed weapons. This would protect people in a vehicle for lawful purposes and carrying a concealed weapon directly to or from a vehicle if the firearm is unloaded, stored in a case or original factory packaging and kept separate from ammunition.

The change would protect an individual who transports a new firearm upon purchase or who travels to the required training to obtain a concealed carry permit. The amendment to LB 236 would also require the Nebraska State Patrol to notify the holder of a concealed carry permit four months prior to the

about the following concerns:

- Their expressed intention to restrict our Second Amendment right to keep and to bear arms in unconstitutional ways.
- their actions which seek to punish traditional religious beliefs about the sanctity of life and sexuality.
- It expresses distress over proposed federal legislation which is designed to usurp the process of conducting elections, which the U.S. Constitution explicitly left to the discretion of the individual state legislatures in Article II, Section 1 of the U.S. Constitution. Proposed legislation in Washington, D.C. seeks to eviscerate protections such as voter identification, periodic

permit's expiration and to allow a 30-day grace period to renew a concealed carry permit after expiration. This will prevent permit holders from being forced to spend extra time and money on repeating the required permit training.

Medical marijuana bill fails
LB474, introduced by Senator Wishart, would create a framework for legalizing medical cannabis use in Nebraska.

To qualify for a medical cannabis registration card under the bill, a person must receive written certification that medical cannabis would improve their condition from a health care practitioner with whom they have an established, bonafide relationship. Registered medical cannabis users could purchase cannabis through regulated in-state dispensaries or home delivery from out-of-state suppliers.

Patients would be limited to no more than two and one-half ounces of cannabis — or a greater amount approved by a medical necessity waiver — or cannabis infused products with no more than 2,000 milligrams of THC, from each dispensary.

I am very concerned that the amount of cannabis purchased would not be tracked or followed up on by a doctor. A person could "loop" dispensaries by stopping at each one and purchasing the allowable amount at each stop. Until medical cannabis is regulated on a Federal level, I am not in support of legalizing it in Nebraska.

a draft of the Nebraska Health Education Standards. I strongly encourage you to read the standards and inform yourself about new content that is being considered.

Take some time to review the entire document for yourself and let the State Department of Education know what you think.

A draft Health Education Standards are available for review at: <https://www.education.ne.gov/healthed/health-education-standards-development/>

You can contribute your feedback at: https://nde.qualtrics.com/jfe/form/SV_8d11y2pRSFXIG8R

Or members of the public can submit a formal comment by emailing nde.standardsinput@nebraska.gov.

Nebraska Department of Education health standards
Recently the Nebraska Department of Education released

District 17 COVID-19
The number of positive tests reported for the periods April 30, 2021 to May 7, 2021 in District 17 are as follow:

Dakota County +18 (4108) 4117
Thurston County: +3 (1176)
Wayne County: +3(1160)

As always, it is of great importance that I hear from my constituents to effectively do my job as your voice in the Legislature. I encourage you to contact me and I look forward to hearing from you. You can reach me at 402-471-2716 or jalbrecht@leg.ne.gov

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WAYNE COUNTRY CLUB
www.waynecountryclub.org

Dear Editor,

In reading the thoughtful letter by Don Buryanek (4/27/2021), it is apparent how important it is to come together for mutual understanding.

My interest in the trail name is personal, professional, and social. As a WSC faculty member and Rotarian who uses the trail almost daily, we have incorporated many campus-community activities to encourage walking, bicycling, and promote the awareness and use of this valuable community resource throughout its years of development. I will continue to do so regardless of the name.

So why am I, as a member of the Voices for Vision Coalition, endorsing The Freedom Trail name?

First, a point of clarification. The proposal would NOT replace the Phase I Will Wiseman or Phase II Leila Maynard trail names. Will Wiseman's powerful advocacy and Leila Maynard's literary brilliance and humanitarian integrity as a WWII POW survivor are names we must honor and never forget.

Second, this proposal came after meetings with City Administrator Wes Blecke and Mayor Cale Giese to learn the history of the trail names, and mechanisms for proposing a name. We were advised to bring the proposal with evidence of

community support to City Council in February, which we did. From the beginning, we have worked with Wayne leadership to respect protocol and procedure.

The Freedom Trail proposal seeks rather to name and thus promote the Trail System as a whole, with all current and (hopefully someday) future Phases recognized under a single umbrella name to celebrate the Wayne community with a name we believe will distinguish and promote shared values of all Wayne citizens — "The Freedom Trail".

The trail now physically connects all corners of the Wayne community, and socially connects people on the trail where we are Free to greet friends we know, and 'friends we haven't met yet!' As a former POW, Freedom must have had a poignant significance for Leila Maynard. The Freedom Trail name connects the Will Wiseman and Leila Maynard Phase names, just as it has the potential to connect our community. As more people become aware of our proposal, I am hearing two general concerns worthy of conversation:

1. The trail has a name, Wayne Community Trail. And Phase I and Phase II have names, Will Wiseman and Leila Maynard. We don't need another name.
2. The name "Freedom Trail" is a concern either because a) it has

Letters

already been used elsewhere, and/or b) by promoting freedom, we may be implying Wayne has a problem with freedom, which we don't.

I hope we will ask ourselves: What if a trail and a name can connect more than the town, but also people, inspiring us to think about our privilege and responsibilities as Free citizens of Wayne, Nebraska, the USA, and the world? Yes, I am a dreamer. But I think Wayne has potential to make a mark as

a model of healthy activities and community conversations, toward "Freedom and Justice for All", because we have been connected by the trail.

Please feel free to contact me (baengeb1@wsc.edu), and contact Mayor Giese and/or your ward representatives at: www.cityofwayne.org/121/City-council.

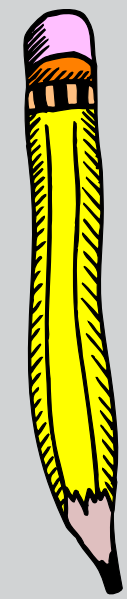
Respectfully,
Barbara Engebretsen, Wayne

Letters Welcome

Letters from readers are welcome. They should be timely, brief (no longer than one type-written page, double spaced) and must contain no libelous statements. We reserve the right to edit or reject any letter.

Letters published must have the author's name, address and telephone number. The author's name will be printed with the letter; the address and the telephone number will be necessary to confirm the author's signature.

The Wayne Herald editorial staff writes all headlines.



Capitol View

Lawmakers face a number of obstacles in closing days

Commentary by J.L. Schmidt
Statehouse Correspondent
Nebraska Press Association

If this were a horse race, Nebraska lawmakers would be heading into the final stretch looking to muster more unadulterated energy than disqualified 2021 Kentucky Derby winner Medina Spirit.

As it turns out, this promises to be more of a steeplechase in which competitors are required to jump diverse fences and ditch obstacles.

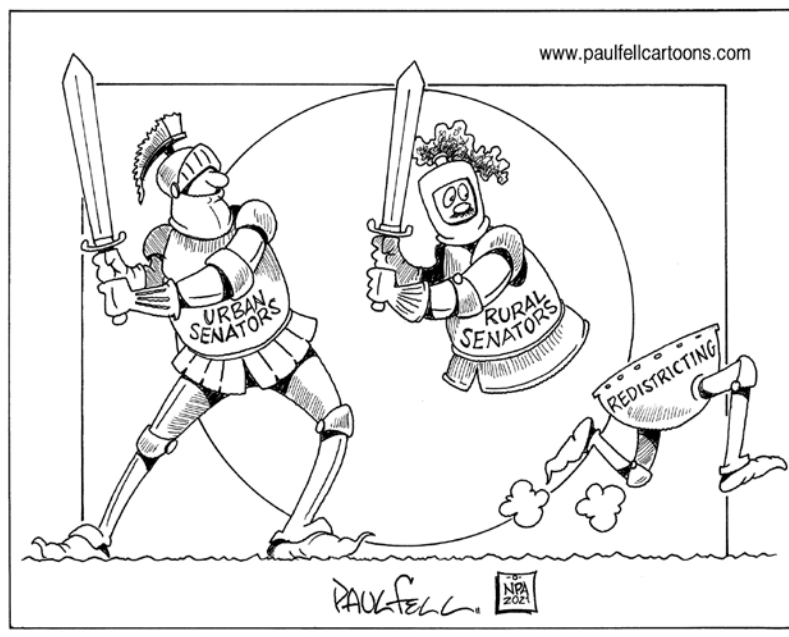
Sure, the 2021 Legislature completed its constitutionally required passage of a \$9.7 billion two-year budget without a single gubernatorial veto. But gaining veto-proof support of several big issues will pose a problem and passing other measures with a hefty price tag will be a temptation to be resisted.

Speaker of the Legislature Mike Hilgers of Lincoln is hopeful he can end the race early, before the 90 days allotted for the event. Lawmakers do face a guaranteed special session this fall to deal with mandatory redistricting because completed census figures essential for the task have been delayed by the federal government.

So, what lies ahead? Would you believe another attempt to legalize medical marijuana (LB474) as championed by Lincoln Senator Anna Wishart, a Democrat in the officially nonpartisan Legislature? If history repeats, expect a filibuster or two on this issue, which is opposed by the Governor. The measure almost made the 2020 ballot as a voter-initiated petition drive until a lawsuit was filed by Lancaster County Sheriff Terry Wagner.

The state Supreme Court sided with the lawsuit, which was financed by an as yet undisclosed source and ruled that the ballot question contained too many subjects. If Wishart's bill fails again, look for another petition-driven issue on the next general election ballot.

Senator Tom Brewer of Gordon has a controversial bill (LB236) that would give all but two Nebraska counties the authority to allow people to carry concealed weapons without a permit. It would not apply to Douglas



and Lancaster Counties where Omaha and Lincoln are located. Everyone knows that the shootings in the state's two-largest cities are, well, just expected. Give me a break.

Just envision greater Nebraska west of South 9th Street in Lincoln looking like a scene from the mythical gunfights at Ogallala's Front Street. Attention Senators, this is NOT the Wild West.

But I'm realistic enough to know that Brewer's a Republican just like the Governor. The Governor invited the NRA to hold its national convention here one time and, by golly, this is Nebraska and people have

been carrying guns, concealed or otherwise, registered or not, for years. If it can survive the filibuster, it'll pass.

Expect a fight on at least two other Democrat senator sponsored bills. Omaha Sen. Mike McDonnell's measure (LB298) would allow migrants working in the country legally and the so-called "Dreamers" to get unemployment benefits. Dreamers are those brought to this country illegally as children. Fremont Democrat Lynn Walz's bill (LB542) would break with history by allowing the state to issue bonds to pay for expanding Nebraska's expressway system - a major piece of which is in her district - and other highway construction. The Governor is pretty much my way or no highway on such measures.

With the passage of the budget and its implications on providing property tax relief, lawmakers are left with a finite amount of funds for other proposals. Appropriations Committee Chair Sen. John Stinner of Gering says his colleagues have already given first-round approval to a number of bills which, if fully implemented, would cost \$1.2 million more than is available.

He said he remains optimistic that some careful tweaking can make everything fit. He plans conversations with the Speaker and Revenue Committee Chairwoman Lou Ann Linehan of Elkhorn to that end.

A phase-out of taxes on Social Security income, elimination of taxes on military retirement income, reduction of taxes on corporate income and a package of sales tax exemptions loom large in that discussion.

So, here's to getting it done, the sooner the better. Looking forward to the special session and watching the fits and snits as partisan lawmakers try to act like nonpartisan grownups to draw lines on a map to equally divide the Nebraska pie into 49 legislative pieces and bigger chunks for Congress and Regents and other constitutionally mandated areas.

J.L. Schmidt has been covering Nebraska government and politics since 1979. He has been a registered Independent for 21 years.

Community-Wide Garage Sales May 21 & 22

1. GARAGE SALE: 308 Lincoln in alley; Friday 4-8 PM; Saturday 8-2 PM. Fishing poles; reels; weights; handmade files; depth finder; lanterns; shooting sticks; handmade clocks; lots of craft items, household items, candles, set of suitcases. Guess number of weights for a chance to win a prize. Tomato plants and trees.

2. UNITED METHODIST CHURCH - Friday 5 pm -7 pm, Sat 9 am - 12 pm Piano, wigg doll, collector Bud mugs, small appliances, dishes, pans, baby items, décor, rocker, Holiday items, toys, child's picnic table, books. Use east basement door. Parking across from church.

3. GARAGE SALE: 906 Neihardt Ave, Friday 10 am - 6 pm, Saturday 8am - 4 pm. All things baby: clothes, shoes, toys, blankets and much more! Women's clothes and shoes. Scrubs, household items, dishes, and décor. All priced to sell! Cash only.

4. MULTI FAMILY GARAGE SALE: 503 Nebraska St; Friday 9 am - 6 pm, Sat 8 am - 12 pm. Baby boy clothes, sit me up seat, rock n play sleeper, changing pad, bottles, vacuum, household items, puzzles, Xbox games/controllers, food processor, copper pans/induction cooktop, Scentsy, decorative pillows, macrame hangers, ceramic dishes and more.

5. GARAGE SALE: 1700 Vintage Hills Dr; Friday 2 pm - 6 pm, Sat 9 am - 12 pm. Cleaning house. Lots of valuable merchandise. Cash only

6. GARAGE SALE: 803 Grainland Rd; Friday 10 am - 6 pm, Sat 9 am - 2 pm. Baby items!!! Boy clothes size 12months - 5T, baby girl clothes size 0 - 12 months, shoes, baby jumpoo, baby water exersaucer, baby swing, automatic bouncer, stroller, bathtub, boppy pillow, swaddle, toys, maternity clothes, and more! Vases, household decorative items, doghouse. Stop by.

7. MULTIFAMILY GARAGE SALE: 600 Oak Dr, Friday 9 am - 4:30 pm. Boys and girls clothing (newborn - toddler), crib, mattress, picture frames, 17" car tires, recliner, table, Haywood Wakefield chairs, Little Tykes toys, books, scrubs, miscellaneous home and garden items, girls bike, maternity clothes, spode cherished teddy bears and ladder.

8. GARAGE SALE: 814 Grainland Rd, Saturday 8 am - 2 pm. Household items, furniture, lawn and garden tools, chain saw, children's toys, games, puzzles, books, DVD's men suits, snow pants, and more.

9. GARAGE SALE: 505 E 10th St, Friday 9 am - 6 pm, Saturday 8 am - 12 pm. Yamaha motorcycle, helmet, table saw, gas weed eater, electric heater, vacuum, sleds, rock tumbler, aquarium, bird feeder, antique stool, dresser, two dining tables, set of 18 4 pc white dinner ware, prize wheel, assorted games and more. No early sales. Cash only.

10. MULTI FAMILY GARAGE SALE: 3 miles east of 7th & Main, 1 mile south, 1/3 of mile east. Friday 11 am to 8 pm, Saturday 8 am to noon. Antiques, collectibles, figurines, salt and pepper collections, glassware, dishes, kitchen items, grill, nuwave, deep fat fryer, filing cabinet, shelves, desks, table, treadmill, stereo system, speakers, subwoofer, Cd radios, CB radio, wireless printer, DVDs, books, toys, holiday items, crafts, window conditioner, weed eater, lawn mower, ladder, 2 garage doors, plus more.

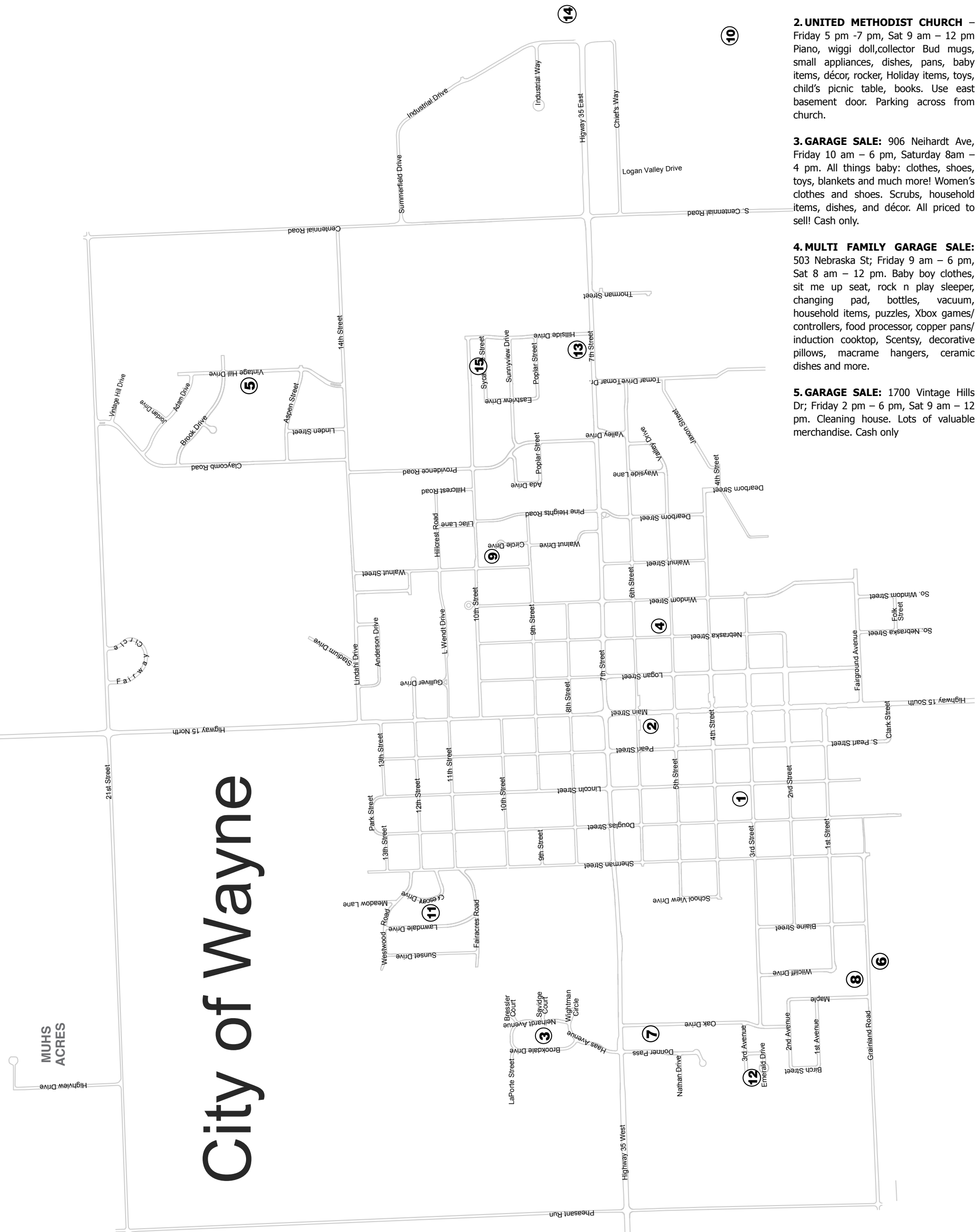
11. GARAGE SALE: 1114 Crescent Drive. Friday 1 pm - 5 pm, Saturday 8 am to 12 pm. Selling toddler girl clothes, shoes, toys, books, housewares, kitchen tools, baby blankets, and much more! Everything is priced to sell and is ready to go!

12. GARAGE SALE: 1107 W 3rd St. Friday 4 pm - 8 pm, Saturday 8 am - 5 pm. Cupboards, ottoman, hall tree with mirror, medicine cabinet with mirror, bar cabinets and sink, patio door blinds, home décor, holiday décor, kitchen gadgets, computer monitors, men, women, junior clothing, shoes, jewelry and accessories, books, baby gates.

13. MULTI FAMILY GARAGE SALE: 1110 E 7th St, Journey Christian Church. Located in the fellowship hall. Friday 11 am - 6 pm, Saturday 8 am - 12pm. Hosted by Wayne Mothers of Preschooler (MOPS) group. Tons of baby, toddler and kids clothes and gear. Stop by for some great deals!

14. GARAGE SALE: 2306 E Hwy 35. Located at airport. Friday 8 am - 5 pm, Saturday 8 am - 12 pm. Going out of business beauty salon, furniture décor, hair products, men's tools, Christmas items, meat slicer, Nuwave oven, silver items, Keuric coffee, Rotisserie and BBQ electric grill and small desk.

15. HUGE MULTI-FAMILY RUMMAGE SALE. 1101 Sycamore St. Wayne. Friday 5/21 9AM-5PM. Saturday 5/22 8AM-1PM. Clothing for adults, boys, and girls. Shoes, toys, books, kitchen and garden items. Holiday and household items. Handy-man tools and Thirty-one items. New items added daily. Something for everyone!! YOU DON'T WANT TO MISS THIS ONE!!

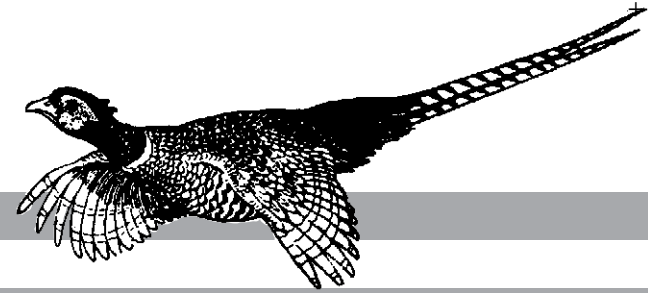


City of Wayne

MUHS ACRES

Lifestyle

The Wayne Herald



Food for Thought? Which foods to eat

Vocabulary, judgment and overall wisdom seem to improve with age. However, a normal part of healthy aging includes a decreased ability of the brain to think, understand, remember and solve certain kinds of

Pierce County

Ann Fenton
Extension Educator



UNL Extension

problems. This is often referred to as "cognitive decline." Mild cognitive decline can advance to dementia, which is not a normal part of aging. Sixty to 80 percent of all dementia is of the Alzheimer's type.

Is it possible to delay or slow the rate of cognitive decline as we get older? The answer is "yes," at least for some people. Continuing education is a helpful deterrent. Being physically active and eating well also provide many health benefits to the body, including our brains.

Specific foods that show promise in protecting against cognitive decline include whole grains, nuts and vegetable oils high in polyunsaturated and monounsaturated fats; fish; and nuts, seeds and vegetables high in antioxidant vitamin E.

Since about one-half or more of the brain is fat, it should not be surprising that dietary fats can affect

its function. Diets high in trans and saturated fats are associated with more cognitive decline. Substituting these fats with polyunsaturated and monounsaturated fats is recommended. To reduce your intake of trans and saturated fats, avoid — or at least eat less frequently and in small amounts — bakery products, fried foods, fatty meats, high-fat dairy products, and foods made with coconut and palm kernel oils.

Eating fish once a week helps protect against cognitive decline. Fish should not be battered and fried, but rather should be prepared without added trans or saturated fats. The type of polyunsaturated fats known as omega 3 fats may be especially healthy for the brain. Fish highest in omega 3 fats include salmon, anchovies, mackerel, sardines, trout, whitefish and herring.

Plant foods that are also good sources of omega 3 fats include canola oil, soybeans and soybean oil, walnuts, wheat germ, and flax seed meal and oil. Diets high in vitamin E have been shown to be healthy in multiple ways. They are associated with improved memory and learning, decreased neuron loss, reduced amyloid deposits and reduced risk for Alzheimer's disease.

Adults of all ages are encouraged to eat at least 15 mg vitamin E each day. Dietary sources that naturally provide 3 mg or more of vitamin E include 1/4 cup sunflower seeds, 24 almonds or 1 ounce hazelnuts; 1 tablespoon sunflower or safflower oil; 1 cup tomato sauce or 1/4 cup tomato paste; and 1 cup cooked spinach or turnip greens.

Keeping in mind food choices that are healthy for your mind provides valuable food for thought. And know that foods that are good for your brain are good for the rest of your body, too.

Engagements —



Kozak — Lutt

Alyssa Kozak of Gretna and Jacob Lutt of Wayne are planning a June 19, 2021 wedding at St. Mary's Catholic Church in Wayne.

The bride-to-be is the daughter of Don Kozak of Gretna and Becki Mousseau of Tabor, Iowa. Her grandparents are Paul and JoAnn Kozak (deceased) of Columbus and Robert (deceased) and Linda Helms (deceased) of Lincoln. She is a 2014 graduate of Gretna High School and earned a bachelor's degree from Wayne State College in 2018. She is employed at State Nebraska Bank in Wayne.

Her fiancé is the son of Steve and Jodi Lutt of Wayne. His grandparents are Dennis and Jean Lutt of Wayne and Jim and Sharon Murphy of Twin Lakes, Iowa. He graduated from Wayne High School in 2014 and earned a bachelor's degree from Wayne State College in 2018. He is employed at Sunrise Foods International in Pender.



Marlin Westerhaus

Card shower requested for Marlin Westerhaus

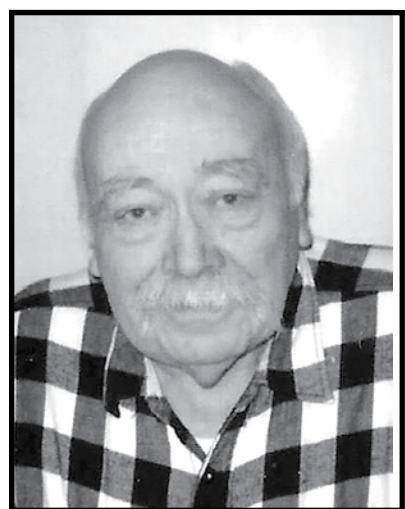
Marlin Westerhaus is celebrating his 90th birthday on Wednesday, May 26.

His family is requesting a card shower in honor of the occasion.

Marlin was born on the family farm east of Winside. He attended country school through eighth grade, farmed and joined the Air Force where he earned his GED and was trained as an Aircraft Electrician. Following his military service Marlin was employed by Emerson Electric and McDonald Douglas in St. Louis, Missouri.

Marlin met the love of his life, Luanna Moore and they were married Aug. 17, 1957. Marlin and Luanna returned to Winside where they farmed and raised their family; Dave (LeeAnn), Daniel (Donna), Dale (Amy) and Dean (Marni). Their family includes eight grandchildren and 7 great-grandchildren. Marlin served the USPS as a rural mail carrier for many years.

Birthday greetings may be sent to Marlin at West Side Regency, Post Office Box 407, Stanton, Neb. 68779.

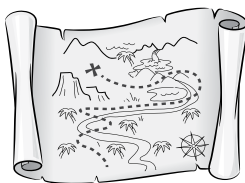


Marlin Westerhaus

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June 8th ~ afternoon • July 7th ~ morning

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Senior Center

Congregate Meal Menu

(Week of May 24 — 28)

The Wayne Senior Center is now open from 7:30 to 11:30 a.m. for morning walking, FROGS exercises, coffee time and socialization. However, meals are not being served at the Senior Center. Senior Center staff will still be providing Meals on Wheels and curb-side pickup meal service for noon meals. Please call the Senior Center staff at (402) 375-1460 for details or email them at dbertrand@cityofwayne.org for information. Staff will be available between 7 a.m. and 4 p.m.

Monday: Pork chop, dressing, mashed potatoes, gravy, green

beans, mandarin oranges, Hawaiian dinner roll.

Tuesday: Lime crusted tilapia, baked potato, tarter sauce, sour cream, creamed peas, sliced white bread, mixed fruit.

Wednesday: Turkey tetrazzini, maple glazed carrots, biscuit, honey, angel food cake with strawberries.

Thursday: Meatballs with mushroom gravy, scalloped corn, au gratin potatoes, pumpkin muffin, pears.

Friday: Spaghetti with meat sauce, lettuce salad with assorted vegetables, garlic bread stick, peaches.

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Wayne Herald & Morning Shopper



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Holy Spirit works in all of us

This year, Pentecost is Sunday May 23. Pentecost, (meaning fiftieth day) is the Greek name used to identify the Jewish holy day known as Shavuot, or the "Feast of Weeks." (Shavuot takes place 7 weeks following Passover and was one of the three holidays that Jews were expected to celebrate in Jerusalem.

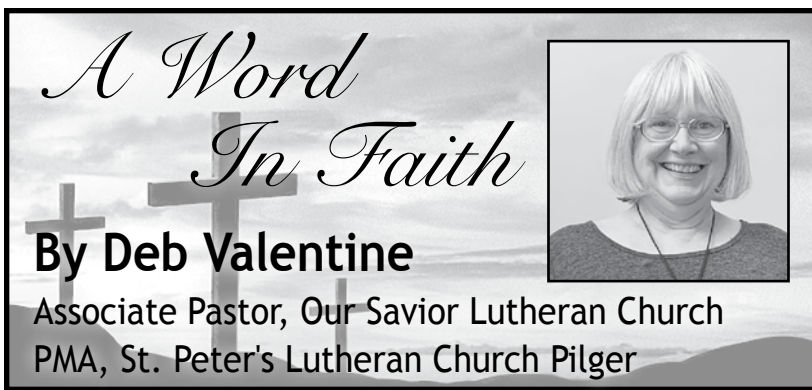
When God revealed Himself to Moses through the burning bush, God said, "When you have brought the people out of Egypt, you will worship God on this mountain." (Exodus 3:12) It took the Israelites seven weeks following the Exodus to reach Mount Sinai. On the 50th day, the Jews remember and celebrate God giving the Torah to Moses.

This year Shavuot was May 16-18. Observant Jews go to the synagogue to hear the Ten Commandments. They celebrate by eating cheese and crackers and dairy treats, such as cheesecake, milkshakes, and yogurt, etc. Many stay up all night to study the Torah and also to read the Book of Ruth. Ruth was a Moabite and is an ancestor of King David (and Jesus.)

Christians also celebrate Pentecost 7 weeks or 50 days after Easter but for a different reason. On the first Christian Pentecost, the disciples were gathered together in Jerusalem to celebrate the Jewish holy day. Suddenly, they heard a sound like the rush of a mighty wind, and saw tongues as of fire, descending on each one of them. They began speaking in other languages so that Jews from other nations, who came to investigate the strange happening, could hear and understand them speaking of the mighty works of God. Some of the Jews thought that they were drunk. Peter got up, told them that they were not drunk; then filled with the Holy Spirit he said that this is what the prophet Joel had foretold:

"And in the last days it shall be, God declares, that I will pour out my Spirit upon all flesh, and your sons and your daughters shall prophesy, and your young men shall see visions, and your old men shall dream dreams; yea and on my men servants and on my maid servants in those days I will pour out my Spirit; and they shall prophesy." (Acts 2:17-18) Peter continued, telling the Jews that God had done wonders and signs through Jesus; and that after he was crucified God raised him from death. He invited those present to repent and be baptized. On that day, 3,000 people were baptized, received the Holy Spirit and the Christian church was born. (You can find the amazing story in Acts 2:1-47.)

Throughout the book of Acts, we read about the importance of the Holy Spirit in the lives of the early believers, and in the formation of the Christian Church. It has been said that the Acts of the Apostles could just as easily have been called the Acts of the Holy Spirit. The Holy Spirit, working through the apos-



les, brought the church into being. The Holy Spirit guided the apostles as they spread the good news. And the Holy Spirit comforted, strengthened and enlightened the apostles as they faced persecution and even death.

Throughout the centuries, the Holy Spirit has renewed and transformed the church. The Holy Spirit has continued to comfort, strengthen, encourage, and guide Christians as they struggle to be faithful to God and to Jesus Christ. The Holy Spirit is at work today as well, renewing and transforming both individuals and congregations.

In Luke 11, beginning with verse 9 Jesus says, "Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you..."

Then he goes on to say in vs. 13, that our Heavenly Father will give the Holy Spirit to those who ask Him. The Holy Spirit is given to us at our baptism, and/or as we reach out to God in faith.

I liken the Holy Spirit to a seed planted within us. When we spend time in Bible study, worship, Christian fellowship, meditation, prayer,

and other Christian Disciplines, the Spirit within us is nurtured and grows and helps us to live as disciples of Jesus and to grow in Christian maturity.

You may have seen a bumper sticker that reads, "Please be patient with me, God isn't finished with me yet." We are works in progress. God, through the Holy Spirit is at work in us to help us become more Christ-like. If we are led by the Spirit, our lives can and will be transformed. Sometimes the change may come quickly, one right after another. But most often, the change comes slowly.

The work of the Spirit is something we cannot predict or control. At times, the Spirit may bring healing to our wounded hearts. At other times, the Spirit may convict us of something we have done and call us to repentance. At still other times the Spirit may teach us, encourage us, strengthen us, or comfort us. The Spirit may also make us aware that we need to let go of resentments and bitterness, which are like an acid that destroys the vessel in which they are contained.

The Apostle Paul wrote about the

gifts of the Spirit. Each Christian has been given at least one of the gifts of the Spirit - many of us have more than one. We are called to discover the gifts that we have been given and to use them for the benefit of the church. In 1 Corinthians 12, and Romans 12 Paul makes it clear that the Holy Spirit gives a variety of gifts to believers, to benefit the Body of Christ, including: wisdom, knowledge, faith, prophecy, healing, miracles, discerning spirits, speaking in tongues, ministry, teaching, exhortation, generosity, compassion, cheerfulness, and love.

As we live in faith, spending time in prayer, reading the scriptures, and using the gifts we have been given, the Spirit takes root in our lives.

When the Spirit is at work in us, the fruit of the Spirit will be evident in our lives. The Apostle Paul tells us that the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, gentleness, faithfulness, and self-control. (Galatians 5:22,23)

If you have not known the presence and the power of the Spirit in your life, I encourage you to pray for the Holy Spirit to come into your life - to touch you, change you, and to help you to become the person you were created to be. As Christians, we are called to grow in the knowledge and love of God. We are called to grow in maturity, in unity, and in our understanding of what the church is called to be. It is a gift given to all who ask, who repent and turn toward God.

Word in Faith is a collaboration of Wayne Association of Congregations and Ministers (WACAM), an organization partially funded by the Wayne United Way.



(Photo by Clara Osen)

Senior recognition

St. Mary's Catholic Church in Wayne recognized members of the Class of 2021 at a recent Mass and breakfast. Those present for the event included (front) Fr. James McCluskey, Lindsey Kallhoff, Reid Korth, Nolan Hunke, Ethan Tyson and Angelina Segundo. (back) Christopher Woerdemann, Angelica Barreto, Claire Lindsay, Emily Longe, Luis Lucas-Garcia and Juan Hernandez and Fr. Jerry Connealy. Not present, Peyton French, Walker Hochstein, Nakuyo Kantai, Anna Lundahl, Silas Mark, Liam Spieker and Hailey Walsh.



Card Shower for 90th Birthday!

Marlin Westerhaus is celebrating his 90th birthday May 26th.

Marlin and Luanna have 4 children, 8 grandchildren and 7 great-grandchildren.

Birthday greetings may be sent to Marlin Westerhaus, West Side Regency, POB 407, Stanton, NE 68779.



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A **ARM WEAKNESS**
Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

S **SPEECH**
Is their speech slurred? Is the person unable to speak or hard to understand?

T **TIME TO CALL 9-1-1**
If the person shows any of these symptoms, even if the symptoms go away, call 911 and get them to the hospital immediately.

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Allen News

Callie Anderson
canderson@allenschools.org

Allen Community Club
The Allen Community Club will be sponsoring a potato bake fundraiser in the fire hall on Monday, May 31 following the Memorial Day ceremony.

The free-will donations will go toward the purchase of new Christmas decorations on Main Street. Donations to this project may also be made at the bank.

Allen Community Center
Menu:
Thursday May 20: Ham, mashed

potatoes, green beans, pears.
Friday, May 21: Biscuits & gravy, scrambled eggs, sausage, applesauce.
Monday, May 24: Tuna casserole, peas, oranges.
Tuesday, May 25: Taverns, potato salad, baked beans, peaches.
Wednesday, May 26: Chicken sandwich, tater tots, corn salad, pears.

Events
Thursday, May 20: FROGS.
Tuesday, May 25: FROGS.
Birthdays
Saturday, May 22: Carol Jackson.
Sunday, May 23: Lyle Carlson.

Memorial Day
The Allen American Legion and Legion Auxiliary will be putting up the Avenue of Flags on Friday, May 28 at 5 p.m. at Eastview Cemetery. Memorial Day services will be held Monday, May 31 at 10:15 a.m. at the cemetery. In case of rain or inclement weather, services will then be held at the school.

Allen Consolidated Schools
National Honor Society Inductees
The Allen High School National Honor Society has inducted new members. The ceremony was held in the Allen High gymnasium on May 14.
New members inducted into the National Honor Society included Jaylen Jackson, Kaleb Kumm, Cheyenne Keil, Jordyn Carr, Joe Grone and Joseph Waldo.
They join current members Kobe Kumm, Carly Dickens, Alli Jackson, Anthony Isom, Cole Woodward, Taylor Boyle and Ashley Kraemer.
Weekly Events:



Members of the Allen Community Schools' National Honor Society include (front) Kobe Kumm, Carly Dickens, Alli Jackson, Anthony Isom and Cole Woodward. (back) Jaylen Jackson, Kaleb Kumm, Cheyenne Keil, Jordyn Carr, Joe Grone and Joseph Waldo. Not present, Taylor Boyle and Ashley Kraemer.

Thursday, May 20: Driver's Education Class at the school, 8:30 - 11 a.m.
Friday, May 21: State Track at Omaha Burke, TBA; Driver's Education Class at the school, 8:30 - 11 a.m.
Saturday, May 22: State Track at Omaha Burke, TBA.
Monday, May 24: Driver's Education Class at the school, 8:30 - 11 a.m.; Driver's Education Driving Lab, noon.
Tuesday, May 25: State Golf at Kearney, TBA; Driver's Education Class at the school, 8:30 - 11 a.m.; Driver's Education Driving Lab, noon.
Wednesday, May 26: State Golf at Kearney, TBA; Driver's Education Class at the school, 8:30 - 11 a.m.; Driver's Education Driving Lab, noon.

Allen Community Churches
Events:
Vacation Bible School: May 24 - 28, from 9 a.m. - noon.
Birthdays:
Sunday, May 23: Lyle Carlson.

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(Photo by Clara Osten)

Celebrating
Wayne High School seniors who are part of the Wayne TeamMates program, their mentors and board members gathered for lunch recently to celebrate graduation, participation in the program and the end of the school year. Involved in the pizza party were (left) Bob Ensz, Anthony Blickenstaff, Jill Walling, Carter Fernau, Shalee Hoffman, Mike Varley, Craig Walling, Jenny Hopkins, Anthony Hansen, Rusty Parker and TeamMates Regional Coordinator Jay Wright.

State receives funds from Helmsley Charitable Trust for Automated Defibrillator devices

The Leona M. and Harry B. Helmsley Charitable Trust has awarded the Nebraska Department of Health and Human Service (DHHS) a \$6.4 million grant for the distribution of Automated External Defibrillators (AED) to all law enforcement organizations throughout the state.

This grant builds on the previously awarded \$5.9 million grant that distributed mechanical CPR devices to Nebraska EMS services and hospitals.

DHHS will oversee the distribution of 2,500 AEDs to law enforcement agencies, first responders, and state offices and facilities. The initial disbursement occurred this week at the Nebraska Game and Parks Outdoor Education Center in Lincoln.

This grant allows DHHS to place lifesaving technology into the hands of those who can best utilize it. Nebraska Gov. Pete Ricketts commented:

"This generous grant from the Helmsley Charitable Trust equips law enforcement with a valuable resource to save lives. Law enforcement officers are often the first to arrive at an accident or respond to

medical emergencies. Having this equipment and training will allow them to intervene immediately during an emergency, without having to wait for the arrival of EMS personnel."

DHHS Chief Executive Officer Dannelle R. Smith echoed his sentiments.

"Putting these devices in law enforcement vehicles and state parks will reach more Nebraskans in need, saving lives," she said. "On behalf of the state of Nebraska, I want to thank the Helmsley Charitable Trust."

Studies conducted by the American Heart Association demonstrate a significantly higher rate of survival for cardiac patients defibrillated by law enforcement, who are generally first on the scene, especially in rural areas.

"We are excited to partner with the state of Nebraska to launch this initiative," said Walter Panziner, a Helmsley trustee. "We've seen hundreds of deployments in other states, and the data show that law enforcement are great at providing CPR. There are people alive today because of the hard work of everyone involved."

"Seconds really count during a cardiac arrest," said Tim Wilson, Program Director for the DHHS Office of Emergency Health System and a licensed paramedic. "This is a big state, and first responders often have great distances to cover. This funding will ensure that those who get to the scene before EMS arrives give patients a better shot at survival."

DHHS will distribute the AEDs to participating law enforcement agencies for primary response vehicles. In addition, master trainers will teach and refresh CPR and AED skills across 25 distribution

sites. The sites have been strategically placed across Nebraska to reduce travel time for participants. Distribution of the AEDs is planned to conclude in 2022. Nebraska DHHS will manage communication regarding the training requirements and device distribution.

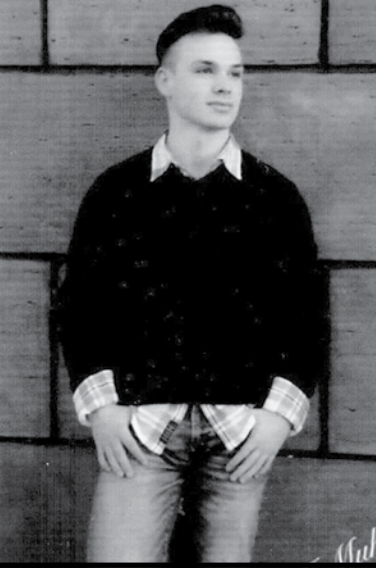
AEDs are portable devices used to diagnose and treat sudden cardiac arrest through defibrillation, which re-establishes an effective heart rhythm. The AEDs selected for distribution feature technology that reduces pauses during CPR and, therefore, improves blood circulation and odds of survival. These devices can also use Wi-Fi to send near real-time information about a patient's heart to emergency services, thus improving post-event evaluation and care.

The Helmsley Charitable Trust and DHHS encourage law enforcement agencies that already own AEDs to exchange or redistribute them to local community organizations that need them.

The extreme time sensitivity of cardiac arrest requires all responders in the out-of-hospital "Chain of Survival" to have the tools, technology, and training to maximize the odds of survival and recovery for victims of cardiac arrest. The six links in the "Chain of Survival" are:

- Recognition of cardiac arrest and activation of the emergency response system;
- Early cardiopulmonary resuscitation (CPR) with an emphasis on chest compressions;
- Rapid defibrillation;
- Basic and advanced emergency medical service;
- Advanced life support and post-cardiac arrest care

Recovery (including treatment, observation, rehabilitation, and psychological support).



Lance Muhs
Lance Muhs earns WSC scholarship

Lance Muhs of Carroll has been awarded a Dean's Excellence Scholarship to attend Wayne State College.

Lance is graduating from Wayne High School this May and is the son of Broch Muhs and Jamie Muhs.

While in high school he was involved in National Honor Society, cross country, wrestling, bowling and track

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Laurel-Concord-Coleridge School is seeking candidates for the following position:

**FULL TIME SPECIAL EDUCATION
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(9 Month Position)

Position open until filled. Competitive wage based on experience.

Interested candidates should apply online at

<https://www.lccschool.org/>

[Menu - LCC District - Employment]

Inquiries may be directed to:

Jeremy Christiansen, Superintendent

Email - jeremy.christiansen@lccschool.org

EOE/ADA EMPLOYER

NorthStar Services in Wayne

NEW STARTING WAGE IS \$13.25

NorthStar Services in Wayne has part-time positions available on the morning, evening, weekend, and overnight shifts.

As an organization, we support persons with developmental disabilities to access and participate in their community, develop social networks and teach life skills, so people are successful in their homes, community and with employment opportunities

All applicants must be at least 19 years of age, have a valid drivers license, the ability to lift 45 lbs., possess a high school diploma or GED, and be able to read, write, and comprehend the English language and pass background checks.

Applicants should have good interpersonal skills and the ability to work with a wide variety of people.

Applicants are required to attend job training. All required training is paid for by NorthStar.

Part-time positions must be available to work on holidays and weekends.

NEW Starting wage is \$13.25 per hour.

Serious applicants should apply at:



NorthStar Services
209 South Main Street,
Wayne, NE 68787

Or apply on-line @ www.northstarservices.net

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**Wayne Community Schools
Paraprofessional Positions**

Wayne Community Schools is currently seeking interested candidates to join our educational team as a paraprofessional for the 2021-22 School year. Starting pay is \$13.08 per hour. Experience is preferred but not required. The ability to lift up to 45 pounds and a valid driver's license are required. A background check will be required prior to starting. Anticipated start date is August 9th, 2021.

Applications for the following positions will be accepted until filled:

- Elementary School/Jr Sr High - Special Education (30 hours per week)
- Elementary School/Jr Sr High - Special Education (15 hours per week)
- Junior High - general education (30 hours per week)

Please pick an application up from the High School office, or email your resume and references to mibear1@waynebluedevils.org

Questions: Please call Misty Bear at 402-833-1450

Wayne Community Schools is an Equal Opportunity and Veterans Preference Employer.

JOB ANNOUNCEMENT

Northeast Nebraska Community Action Partnership's **EARLY CHILDHOOD EDUCATION PROGRAM** has an exciting opportunity for a **FAMILY SERVICES SPECIALIST**.

This position is based in Pender, NE. Work M-F. Hourly wage plus full benefits. Responsible to develop and oversee the family service component for the Head Start and Early Head Start Programs. Supervise and support Family Service Workers to implement high quality programming and family engagement activities according to Head Start Performance Standards. A Bachelor's degree in Human Services or related field is needed. Job application, job description, education requirements, wage and benefit information are located on our website www.nencap.org by clicking Employment or contact HR at 1-800-445-2505 or 402-385-6300.

To apply, submit a completed Agency application with education credentials or transcripts. No resumes accepted.

Send applications to Northeast Nebraska Community Action Partnership, PO Box 667, Pender, NE 68047-0667.

Position open until filled EOE
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HELP WANTED

Great Dane Trailers is looking for highly motivated individuals who want summer employment. Our winning organization is the largest manufacturer of semi-trailers in the country, and we are seeking candidates to fill full-time production positions for the summer. We are currently taking applications for both shifts.



Great Dane

SUMMER HELP WANTED

First Shift - \$18.00 hr.
Monday-Thursday, 5:00 a.m. - 3:30 p.m.

Second Shift - \$19.50 hr.
Monday-Thursday, 4:00 p.m. - 2:30 a.m.

We offer great pay and a good working environment. Previous mechanical or construction experience is helpful, but not necessary. Great Dane provides all training. Candidates must be 18 years of age and successfully complete a post-job offer drug screen. To find out more about these exciting positions or to apply in person, stop by our office between 8:00a.m.-5:00 p.m. Monday-Friday. You can also check out our Facebook page www.Facebook.com/GreatDaneWaynePlant or apply online at www.greatdane.com/careers.

Great Dane Trailers
1200 N. Centennial Road, Wayne, NE 68787
A Division of Great Dane LLC. EOE 402-375-5500

FOR RENT

FOR RENT: 2, 3 and 4 bedrooms apartments. Starting at \$250 per person. No Pets. No Parties. 918 Main St. Call 712-899-0505. tfn

FOR RENT: Large 2-bedroom apartment. Available now. Close to campus. Renter pays electricity and cable. No pets. No smoking. 712-212-5844. tfn

FOR RENT: 2 bedroom upstairs apartment. 311 Pearl Street. Available May 1st. Call 402-375-5203 daytime, 402-375-1641 evening. tfn

FOR RENT: 4 bedroom, 2 bath house; stove, refrigerator furnished; washer & dryer hookups; 1 block from campus, lawn care and some snow removal provided; off street parking, no pets smoking or parties. Call 402-375-3657. 6/1

FOR RENT

Hillcrest Colonial Manor in Laurel has an immediate opening and is now taking applications for a 1 Bedroom apartment. Anyone who is at least 62 years old, and/or disabled can apply. This is a HUD property, so those who apply, might receive assistance. Appliances are furnished. Please call 402.256.3526 to get an application

IMMEDIATELY AVAILABLE Leisure Apartments

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FOR SALE

Real Estate / Spring is in the air!!!

- NEW LISTING -



208 Alma St. - LAUREL - \$159,000

This is a BEAUTIFUL Traditional Style Home. Amazing original woodwork running throughout the home, beautiful established landscaping, large 2 car attached garage, full basement, large attic for storage, and small shed in the back. Corner lot for extra space. Many updates including newer furnace, A/C, & roof.

- COMMERCIAL LISTING -

122 E. 2nd St. - LAUREL - \$49,500

1950 square footage. Lot size: 100' x 19.50'. Small town business space up for sale. This building would work great for any small business ventures. Located in downtown Laurel, NE. Where the downtown is thriving! Currently divided up into 5 rooms, but could be arranged however you need the space. Vaulted Ceiling with the old tiles and original brick behind the walls could make for an awesome renovation!!

- HOUSES FOR SALE -



319 Cleland St. - CONCORD - \$64,500

2 Bedroom plus 1 "Bonus" room, 1 full Bathroom. 1 car attached garage. Nice shed in the back, corner lot for more room. Great starter home in a quiet small community.



602 West 2nd - Laurel - \$173,000

3 Bedrooms, 2 1/2 Baths traditional style home. Very nice location on large lot. All original woodwork throughout. Large house with finished basement, enclosed porch, and sun room. 1 car unattached garage with additional shed in back. L-2000672



519 Broadway - CONCORD - \$94,000

4 Bedrooms, 3 Baths, 2 car unattached garage. Large lot that includes a green house! Located in the quiet small town of Concord. This home has a lot of room! Original wood running through out! Basement is partially finished. Nice large back deck to over look the beautiful back yard.



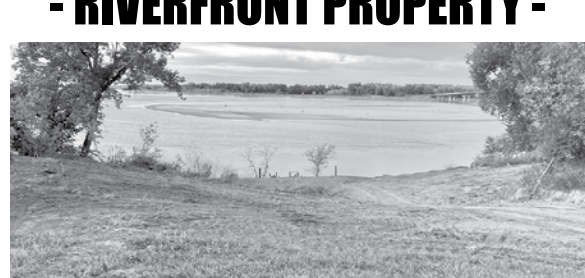
101 Maple St. - CONCORD - \$99,500

2 Bedroom plus 2 "Bonus" rooms. 2 - Half Bathrooms. Amazing enclosed back porch, privacy fenced in backyard. 2 car detached garage with extra area in back for shop or storage, 1 car detached garage. Many nice perks to this home.



217 Iowa St. - CONCORD - \$49,500

3 Bedroom, 1 1/2 Baths, 2 car unattached garage. The home not only has a lot of room, but comes with an extra lot giving it an extra large back yard! Large kitchen and laundry on the main floor. Located in a small town that is a nice quiet community.



- RIVERFRONT PROPERTY -

Recreational - L-2000597 - \$149,500

Right on the Missouri River! Located on NEBRASKA side under the Vermillion Bridge. BEAUTIFUL scenic view of the river! Lots of privacy on this 1 +/- Acre lot. Seller is including their 2013 Jayco Premier Camper, which is in like new condition! or Zoning allows for you to build on this lot. Electrical is already there. Will need to bring water & sewer in. Perfect get away spot!!

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Wendi Schutte
Assoc. Broker / Branch Owner
(402) 518-0115



Steve Schutte
AFM/Agent
(402) 518-0111



Marlene Jussel
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(402) 375-1002

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THE COVID crisis has cost us all

something. Many have lost jobs and financial security. Have \$10K in debt? Credit Cards, Medical Bills, Car Loans. Call National Debt Relief! We can help! Get a Free debt relief quote. Call 1-866-834-5927.

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Floral Footprints is seeking to hire a part-time floral designer that is self-motivated, a creative thinker, flexible, customer orientated, a quick learner, and community minded.

Please stop by Floral Footprints in Laurel to pick up an application. 107 1/2 East 2nd Street, Laurel, NE 68745. This position will be open until filled.

READERS BEWARE! Job opportunities being offered that require cash investment should be investigated before sending money. Contact the Better Business Bureau to learn if the company advertised is on file for any wrong doing. The Wayne Herald/Morning Shopper attempts to protect readers from false offerings, but we are unable to screen all copy submitted.

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311 Main Street, Wayne

IDEAL DOWNTOWN LOCATION for sale in the Wayne historic downtown business district with excellent visibility along Hwy 15. Retail space renovated in 2015. Attractive store front with window display with lighting. The back half of the building is used for storage/workroom and garage with updated garage door. Surprising basement under the retail portion. Lots of potential. Vacated alley to the north provides easy access and use.



112 W 2nd Street - Wayne, NE

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402-375-2134

Amy Schweers, Broker 402-833-8038
Amber Sperry, Sales Associate 402-518-0271
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Scott Abraham, Sales Associate 402-369-1665
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The Market is Blooming with these New Listings!



800 Main Street

Many updates in this 3 bedroom home! Newer vinyl plank flooring, remodeled bath, plus newer furnace, a/c, and plumbing. The finished attic would make a great suite. Relax on the covered porch or back patio. With a 1-car garage and convenient location to campus, this home is ready for you!



305 Emerald Drive

Well-designed home on a peaceful alcove in southwest Wayne. With 3 bedrooms and 3 baths, this home offers single-level living with the convenience of a mostly finished basement. Enjoy summer evenings on the wood deck. This home is in close proximity to the fairgrounds, park, activity center and school ~ call today!



908 Windom Street

Cute 2 bedroom bungalow near WSC! Complete with a mud room, main floor laundry, and potential for additional finish in the basement. This home also features an attached garage, plus alley access!



309 Main Street/213 Broadway, Concord
Now at \$162,900!



704 Windom Street



209 Douglas Street



118 Birch Street



520 West 3rd, Laurel



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THANK YOU



HOUSE FOR SALE TO BE MOVED

Four bedrooms. Located between Wayne and Laurel. Call Andy at 402-380-1540 for my info.

GARAGE SALE

Winside Town Garage Sales Saturday, May 22 8:00 AM - 3:00 PM Flyers available at Farmers Coop Convenience Store

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KOHLES STUMP REMOVAL. Reasonable rates. Call 402-640-7258. 5/20

Thank you very much for all the lovely cards, texts, emails, and Facebook messages we received for our 50th wedding anniversary. We are truly Grateful. God bless you all.

Robert & Mary Woehler

We would like to thank everyone for their expressions of sympathy after the loss of our husband, dad, papa and brother, Jim Harmer. A special thanks to Hillcrest Care Center and Hasemann Funeral Home for all their special care. We appreciate all the cards, memorials, food, flowers and prayers during this difficult time. Sherri Harmer & family Josh Harmer & family Jamie Vogt & family Jaret Harmer & family Jeanine Chaney & family

MISCELLANEOUS

ALL REAL estate advertised herein is subject to the Federal Fair housing Act which makes it illegal to advertise "any preference, limitation, or discrimination because of race, color, religion, sex, handicap, familial status or national origin, or intention to make any such preference, limitation, or discrimination based on these factors. We will not knowingly accept any advertising for real estate which is in violation of the law. All person are hereby informed that all dwellings advertised are available on an equal opportunity basis.

Gerkin Windows and Doors Seeking Qualified Applicants

Gerkin Windows and Doors, a company based in South Sioux City, NE, and a top manufacturer of high performance vinyl and aluminum windows as well as storm doors is currently seeking

Qualified Applicants For Our 1st and 2nd Shifts in Production

Successful candidate may have assembly experience. All employees need to be able to stand 8 or more hours in a work shift, ability to lift up to 60 pounds, reach, bend, twist, and use hands and fingers to manipulate smaller parts, read and write English. Being able to use and understand a tape measure is a plus.

Gerkin is a company that provides a competitive compensation package.

Pre-employment drug test and background check are required. EOE

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GARAGE SALE SCHEDULE



June 25 & 26

Ad deadline is June 23 at 5:00 p.m.

August 6 & 7

Ad deadline is July 28 at 5:00 p.m.

September 24 & 25

Ad deadline is Sept. 15 at 5:00 p.m.

NEW HOMES AT AUCTION SATURDAY, JUNE 5 AT 10:00 AM

Northeast Community College Campus, 801 E. Benjamin Ave., Norfolk, NE



HOUSE #120025 | 1626 SQ FT | 2 BED, 2 3/4 BATH



HOUSE #120026 | 1628 SQ FT | 2 BED, 2 3/4 BATH

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Fencing: A pasture management tool

By Grace Vehige

Since barbed wire's origin in 1874, farmers and ranchers have used fencing for multiple functions, including as boundaries, property markers and management tools.

The University of Nebraska-Lincoln (UNL) Extension published a guide called 'Fence and Water Development for Effective Grazing' written by Jason Gross and Rick Stowell. This fencing resource covers the functions of fences, as well as tips and tools for developing the proper layout and scheme for your operation.

Fencing schemes can be adapted to fit the type of terrain you face and operation you run. With many diverse tools, products and brands, it can be difficult to identify the best method for any given situation, especially with all the environmental and operational factors that play a role.

The Value of a Well-Established Fence
For Rick Stowell, professor and Extension specialist in animal environment at UNL, the value of a well-established fence for pasture management has one key takeaway, and that is pasture management itself.

According to Stowell, people are always working to achieve better use

of their land so producers must be able to manage what pasture they currently have.



"I put fencing needs into two broad categories," Stowell says. "One is to be able to identify the boundaries of your permanent and temporary grazing areas, and then, two, is to develop small sub-plots or sub-paddocks, where portable fencing is used to move the cattle from subplot to subplot."

Steve Niemeyer, a beef educator for UNL Extension, echoes Stowell. "Good fence management helps with the grazing of pastures and forages, and that will help control for proper rest and time for regrowth," he says.

Types of Fencing
According to Stowell, and as outline in "Fence and Water Development for

Effective Grazing," there are three main categories of fencing - permanent, semi-permanent and portable fencing.

Each type of fencing caters to different operational goals. For example, permanent fence can be utilized to establish boundaries around pastures or fields that will be frequently grazed, as well as around water sources; whereas portable fencing may be used to graze off corn residue or cover crops within fields where fencing is not desired year-round.

Stowell describes the fencing options, beginning with permanent fencing, which is typically barbed wire or electric high-tensile wire. Between the two, electric fence is the most common permanent fencing resource. Semi-permanent fence is relatively similar except it uses different materials and is able to be moved every once in a while. Portable fencing, however is readily moveable, using stakes that are comparatively easy to get in and out of the ground around single strands of wire.

"The folks who are serious about managing their pastures most effectively are going to usually have at least two, and probably all three, types of fencing," Stowell says.

Niemeyer notes the mention of pivot fence in the resource guide, one of the lesser known layouts, that may be used effectively with a center pivot irrigation system.

Factors to Consider
Aside from the different materials and price options with fencing tools, there are other factors to consider. Such considerations are operation size, type of forage system, farm resources and acres to water and shade.

"Fencing doesn't work by itself. You also need to think about water and cattle traffic lanes," Stowell states.

While the basics of fence design may seem simple, Stowell says producers can face issues if not attentive to underlying factors. Developing a plan and investing in quality layouts will pay off in the end.

"The longer you can stay in the pastures, the cost of your operation will be lower," Niemeyer explains. "Better fencing and more opportunities for grazing will save (producers) time on those other aspects, like not having to put up day or not spreading manure."

For more information on fencing options or Nebraska fence laws, contact a local or state extension specialist who is working with livestock or visit beefunl.edu.




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The Wayne Herald
May 20, 2021

Beef is healthier and more sustainable than ever before

Recent reports question beef's role in a healthy, sustainable diet. Beef is healthier and more sustainable today than at any point in time. History and well-established research have consistently shown that practical, balanced dietary patterns grounded in science promote health and sustainability, not eliminating single foods, like beef.

The U.S. is the leader in sustainable beef production

Research recently conducted by the

USDA's Agricultural Research Service and The Beef Checkoff, and published in the journal *Agricultural Systems*, found that data commonly used to depict beef cattle's environmental impact in the U.S. is often overestimated. The study, which is the most comprehensive beef lifecycle assessment to-date, evaluated greenhouse gas emissions, feed consumption, water use and fossil fuel inputs. In all these areas, beef's environmental impacts were found to be less than previously reported. Specifically, the report found:

Beef production, including the production of animal feed, is responsible for only 3.3 percent of greenhouse gas emissions in the U.S.

Per pound of beef carcass weight, cattle only consume 2.6 pounds of grain, which is similar to pork and poultry.

Corn used to feed beef cattle only represents approximately 9 percent of harvested corn grain in the U.S., or 8 million acres.

On average, it takes 308 gallons of water, which is recycled, to produce a pound of boneless beef. In total, water use by beef is only around 5 percent of U.S. water withdrawals.

Total fossil energy input to U.S. beef

cattle production is equivalent to 0.7 percent of total national consumption of fossil fuels.

Not only does this data demonstrate that cattle's environmental impact is less than often reported, thanks to cattle's unique digestive system they can actually help mitigate food waste.

"Cattle are natural upcyclers, which means most of what cattle eat can't be consumed by humans and would otherwise end up in the landfill," explained Sara Place, Ph.D., Senior Director of Sustainable Beef Production Research for the National Cattlemen's Beef Association, a contractor to the Beef Checkoff. "At the end of the day, cattle generate more protein for the human food supply than would exist without them because their unique digestive system allows them to convert human-inedible plants into high-quality protein."

It's also important to note that beef continues to become more sustainable in the U.S. thanks to innovation and production efficiencies. In the U.S. today, the same amount of beef is produced with one-third fewer cattle as compared to the mid-1970s, according to USDA's National Agricultural Statistics Service. If the rest of the world were as efficient as the U.S., global beef production could double while cutting the global cattle herd by 25 percent.

Beef supplies essential nutrients and promotes health in a uniquely efficient way

A 3-ounce serving of lean beef provides 10 essential nutrients in about 170 calories, including high-quality protein, zinc, iron and B vitamins. No other protein source offers the same nutrient mix. xiii Furthermore any one of the nearly 40 cuts of beef considered lean can be included as part of a heart-healthy diet to support cardiovascular health, according to recent

research from Purdue University.

Additionally, research has consistently demonstrated that the nutrients in beef promote health throughout life. In particular, the protein, iron, zinc and B-vitamins in beef help ensure young children start life strong, building healthy bodies and brains. Protein is also especially important in aging populations due to its ability to help build and maintain muscle. After 50 years of age, adults are at risk for losing muscle mass, leading to falls and frailty that affect their ability to age independently.

"Research shows that beef can play an important role in promoting health and helping to prevent nutrient deficiencies," said Shalene McNeill, Ph.D., R.D., Executive Director of Human Nutrition Research at the National Cattlemen's Beef Association, a contractor to the Beef Checkoff. "Most people already consume beef within established, science-based global dietary guidelines, so there is no reason to systematically reduce beef consumption."

The Beef Checkoff Program was established as part of the 1985 Farm Bill. The checkoff assesses \$1 per head on the sale of live domestic and imported cattle, in addition to a comparable assessment on imported beef and beef products. States may retain up to 50 cents on the dollar and forward the other 50 cents per head to the Cattlemen's Beef Promotion and Research Board, which administers the national checkoff program, subject to USDA approval.

The National Cattlemen's Beef Association (NCBA) is a contractor to the Beef Checkoff Program. The Beef Checkoff Program is administered by the Cattlemen's Beef Board, with oversight provided by the U.S. Department of Agriculture.

Good Life, great steaks passport program underway

Presented by the Nebraska Beef Council

Your path to great beef starts here! It's no secret that Nebraska is known for raising great beef. From the old stockyards of Omaha to the beautiful rolling Sandhills, you can find delicious, mouth-watering beef at restaurants across the state. Take a trip through Nebraska and enjoy some of your favorite beef menu items while earning a chance to win prizes with the Good Life Great Steaks Beef Passport program.

Passport Program information

How do I use the Beef Passport?
Order Beef. Earn Stamps. Win Prizes

Using the Beef Passport is easy. Simply visit participating restaurants and order beef items off their menu. Earn stamps from the various locations and submit your passport to the Nebraska Beef Council for your chance to win prizes.

During your visit to one of the 40+ participating restaurants, order any beef menu item and ask your server to stamp your passport. Once you have collected your stamps, complete the entry form on the passport and mail stamped passports to the Nebraska Beef Council postmarked by Sept. 10, 2021 to be entered into the drawings.

*Restaurant hours may vary. Takeout, drive thru and delivery may be available in some locations. Please

contact restaurants directly for details before visiting.

What Are The Rules?

One passport per person. Each person must present their own passport at the participating restaurant to receive a stamp. Combining passports among individuals for prize eligibility is not allowed. Each individual must make a beef purchase to receive a stamp.

Stamps will be available at participating restaurants through Sept. 7, 2021.

Drawing will occur by Sept. 30, 2021.

Winners will be contacted via phone or email.

Must be at least 18 to participate.

What are the prizes? Participants earning at least one stamp will be eligible for prizes:

- One or more stamps — entry for one of five beef grilling prize packages;
- Six or more stamps — Entry for one of two beef bundles valued at \$250;
- Eleven or more stamps — Entry for the grand prize of \$500 in beef and an 80 quart Cabela's cooler.

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Nebraska: The Beef State — by the numbers

Agriculture is the #1 industry in Nebraska and cattle production represents the largest segment of the industry. It's the engine that powers the state's economy with over \$6.5 billion in cattle sales each year. In short, the beef cattle industry has an unmistakable impact on almost everyone in Nebraska.

Nebraska is unique

The importance of cattle feeding to Nebraska's economy runs deeper than in other states. Nearly 5 million head are finished and marketed in Nebraska, a state with a population of 1.8 million residents. Texas markets a third more cattle than Nebraska, but it has a population of 25.6 million residents over 14 times larger. Iowa markets less than 2 million cattle and has 1.2 million more residents than Nebraska. This means such states depend on other industries. Their standard of living isn't nearly as dependent on cattle feeding as Nebraska's.

Top cow counties in the nation

Nebraska has the top three beef cow counties in the U.S., including the nation's No. 1 cow county — Cherry County, with nearly 166,000 cows. Custer County is No. 2 (100,000) and Holt County is No. 3 (99,000). Also among the top counties in the nation is Lincoln County at No. 12 (69,000).

More cattle than people

Nebraska continues to have far more cattle than people. Cattle outnumber Nebraskans nearly 4 to 1. Cows number 1.94 million, versus Nebraska residents who number just 1.8 million. The cows and the 4.7 million head that are annually fed in Nebraska total nearly 6.64 million cattle.

Why So Much Beef?

Nebraska has a unique mix of natural resources. Cattle turn grass from 24 million acres of rangeland and pasture, more than one half of Nebraska's land mass, into protein and many other products



for humans. The land grazed by cattle allows more people to be fed than would otherwise be possible. More than one billion bushels of corn are produced here each year, 40% of which is fed to livestock in the state. Cattle producing families, who make their living from the land, have a strong incentive to protect their animals and the environment.

Nebraska's natural resources

Nebraska's farms and ranches utilize 45.2 million acres (18,413,270 hectares) — 91% of the state's total land area.

Nebraska is fortunate to have aquifers below it. If poured over the surface of the state, the water in those aquifers would have a depth of 37.9 feet.

The state has 96,509 registered, active irrigation wells supplying water to 8.3 million acres of harvested cropland and pasture. Nearly 80,000 miles (38,624 kilometers) of rivers and streams add to Nebraska's bountiful natural resources.

There are nearly 23 million acres (9,307,807 hectares) of rangeland and pastureland in Nebraska — half of which are in the Sandhills.

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Frequently asked questions about beef nutrition

We all know beef tastes great – but did you know that beef can be good for you, too? Check out some answers to your most pressing questions when it comes to beef and your health.

Q: Can beef be enjoyed regularly as part of a healthy, balanced diet?

A: Absolutely! A three-ounce serving of beef—about the size of an iPhone—provides more than 10 essential nutrients including protein, iron, zinc and vitamins B12 and B6. One serving of beef contains about half of your Daily Value for protein in around 170 calories on average (and just 150 calories for a serving of lean beef).

Q: How much beef should I eat at a meal to meet my daily protein requirements?

A: Beef is a great protein option and source of essential nutrients to enjoy any day and for any meal! Dietary Guidelines recommend adults eat 5.5 ounces of protein foods, including beef, per day. Beef can be enjoyed for any meal throughout the day so incorporating beef into various meals will help you meet the recommended Dietary Guidelines.

Q: What benefits do the 10 essential nutrients in beef provide to the human body?

A: High-quality protein, like that found in beef, plays an increasingly

important role in muscle maintenance, weight management, and the prevention of chronic diseases. Research also shows the iron, zinc and B vitamins found in beef play an essential role in developing and maintaining cognitive ability in children and adults.

Q: What nutritional benefits does beef offer me that other proteins don't?

A: Beef is a nutritional powerhouse in a smaller package than other protein foods. Apart from being a great source of protein, it would take 8 ounces of cooked chicken breast to eat the same amount of iron as in just 3 ounces of beef, and nearly 7 times (20 ounces) the amount of chicken to get the same amount of zinc in a serving of beef.

Q: Is grass-finished beef more nutritious than grain-finished beef?

A: While grass-finished beef tends to be a little leaner, both grass-finished and grain-finished beef are natural sources of more than 10 essential nutrients including protein, iron and zinc. All cattle, whether grass or grain-finished, spend the majority of their lives eating grass on pastures and provide delicious and nutritious beef.

Q: Can eating beef help improve cholesterol levels?

A: Yes. Research shows that a heart healthy diet and lifestyle that includes

lean beef, even daily, improved cholesterol levels. About half the fatty acids found in beef are called monounsaturated fatty acids, the same kind found in olive oil, and, as part of a heart-healthy diet, can reduce cholesterol levels.

Q: Can plant-based diets and proteins provide the same amount of protein as beef?

A: Many sources of plant protein do not contain all the amino acids your body needs. Beef supplies more protein and nutrients in significantly fewer calories than plant proteins. A lean beef burger patty averages around 154 calories and 25 grams of protein. Conversely, a veggie burger patty may be lower in calories, but only contains 13 grams of protein per serving.

Q: Can eating beef cause cancer?

A: Cancer is a complex disease and most scientists agree that many factors, including lifestyle and environmental conditions, must be taken into consideration-- making it unrealistic to isolate a single food as a cause of cancer. In fact, despite all the investment made in cancer research, there is no single food, including beef, that has been proven to cause or cure cancer.

Q: Do higher-protein diets have any negative health effects like kidney damage or bone loss?

A: No, this is a common myth about protein. Eating a diet higher in protein can actually help people lose and maintain a healthy weight and support a healthy metabolism. Research shows that eating 25-30 grams of protein at each meal is ideal for optimal body benefits.

Maplewood-smoked bacon beer burger

What's not to love about this recipe? Ground beef patties are grilled and topped with smoked bacon and cheddar. Prep time: 25 minutes

4 servings
510 calories
46 Grams protein

Test kitchen tip

It's not a good idea to cut into a steak or burger to see if it's done. You'll lose juices and risk drying out the meat. Instead, rely on your thermometer to tell you when it's done.

Ingredients:
1 pound ground beef (96% lean)
1/4 cup beer
1 tablespoon Worcestershire sauce
4 whole wheat hamburger buns, split
4 slices reduced-fat Cheddar cheese
4 extra-thick slices Maplewood-smoked bacon, cut in half, cooked crisp

Cooking:
Combine ground beef, beer, and Worcestershire in medium bowl, mixing lightly but thoroughly. Shape into

four 1/2-inch thick patties.

Place patties in center of grid over medium, ash-covered coals. Grill, uncovered, 8 to 10 minutes (over medium heat on preheated gas grill, 7 to 9 minutes) until instant-read thermometer inserted horizontally into center registers 160°F, turning occasionally. About 2 minutes before burgers are done, place buns, cut-side down, on grid. Grill until lightly toasted. During last minute of grilling, top each burger with cheese.

Cook's Tip: Cooking times are for fresh or thoroughly thawed ground beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.

Place burgers on bottom of buns; top with bacon slices. Close sandwiches.

Cook's Tip: Reduced-sodium or regular bacon may be substituted for Maplewood-smoked bacon.



Management strategies shared for minimizing early pregnancy loss

By Rick Funston,
Nebraska Extension Beef Cattle Reproductive Physiologist

As we approach the breeding season, cows and heifers are faced with a variety of stressors from the metabolic pressure of providing for a calf to changes in environment. Stress during early pregnancy is well documented to cause embryonic death and loss of pregnancy. However, making strate-

pregnancy diagnosis, and nutrition from calving to breeding.

Transportation Stress

Transporting cows to summer pasture oftentimes coincides with the breeding season. Especially, if cows or heifers are artificially inseminated and need to be near working facilities during that time. It is important to plan transportation, or other stressors, strategically to prevent early pregnancy loss and reducing overall pregnancy

blastocyst formation, maternal recognition of pregnancy, and adhesion to the uterine wall. When cattle are loaded into a trailer and transported to a new place, they may become stressed and release a cascade of hormones that can alter the uterine environment making it less ideal for supporting a pregnancy. Prior to day 5, the embryo is still in the oviduct and protected from changes in the uterine environment. After day 42, the embryo has implanted into the uterine wall and is less susceptible to changes in environment. While transporting on days 5 to 42 pose the greatest risk, waiting to haul cows and heifers until a week or two after day 42 may help prevent late embryonic loss. Ultimately, stress during those critical time points may disturb important early embryonic processes and lead to embryonic mortality and increased pregnancy loss.

Some general guidelines for when to transport pregnant cows and heifers post breeding:

- Recommended time to haul: Days 1 - 4 or after day 60
- Risk of pregnancy loss: Days 5 - 55

or 60

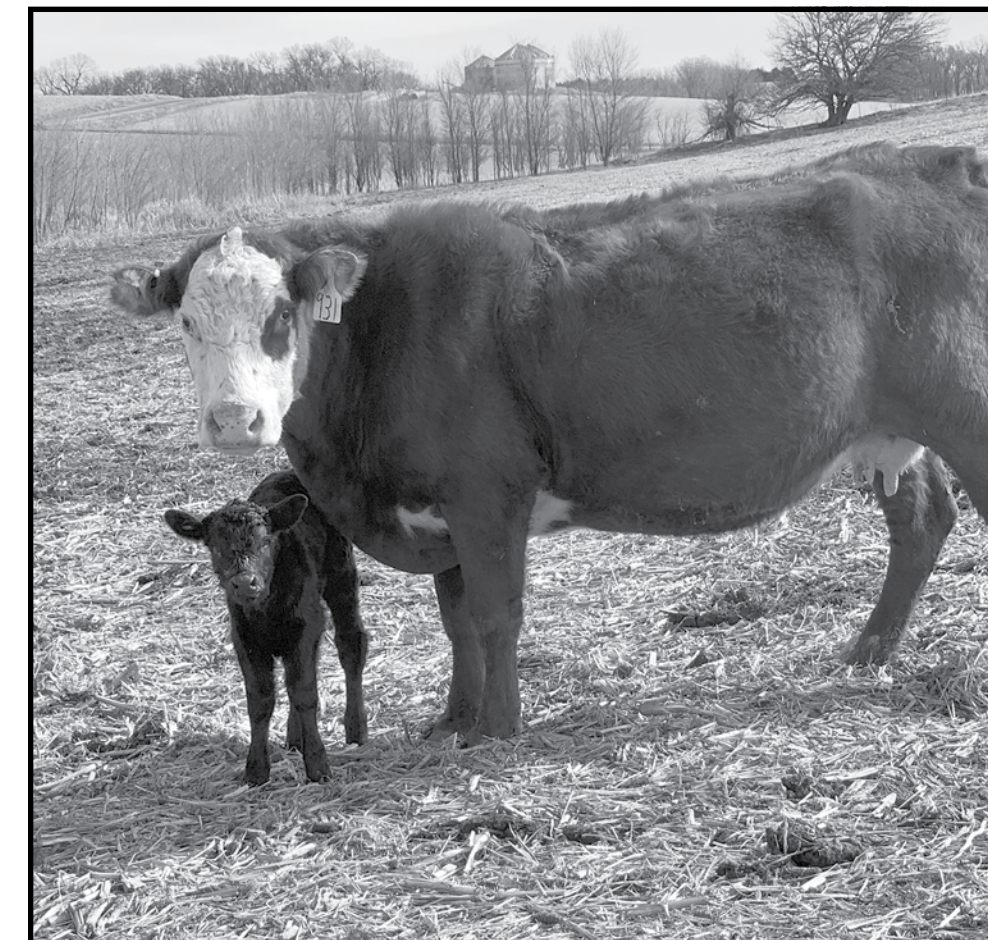
Heat Stress

Another key to minimizing pregnancy loss when transportation is necessary, is to avoid hauling cows on excessively hot days (approximately 90° - 110° and 40% humidity or more). Research conducted at Oklahoma State University found that cows exposed to heat stress 8 - 16 days after breeding, had decreased progesterone concentration, increased prostaglandin concentrations, and reduced embryonic weights. A 2 - 2.5 degree increase in rectal temperature (representative measurement of body temperature) for as little as 9 hours has been found to reduce embryo development. Planning to haul cows on days with more moderate temperatures can help reduce stress on heifers and cows and ultimately prevent early pregnancy loss.

Pregnancy Diagnosis

Implementing a pregnancy diagnosis method is key for making sound managerial decisions regarding open females. However, some pregnancy

See LOSS, page 4A



gic management decisions during the fragile 2 months after breeding can help minimize those losses. Key areas to review management practices to minimize early pregnancy loss are transportation, temperature while being worked or transported, method of

rates. Research conducted at Colorado State University has found that transporting cattle between days 5 and 42 post insemination can result in a 10% reduction in pregnancy loss. This window of time is crucial for



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The hidden superpower of beef

By Ben Beckman

May is widely known as “Beef Month.”

Whoever decided that beef should be celebrated in the month of May knew exactly what they were doing. While beef is certainly a dish that is welcome at the dinner table any time of year, there really is something special about breaking out the grill in springtime. I know my grill at home sees more use as the temperatures warm than it does in the winter. The start of grilling season after the winter hiatus is always something that I look forward to each spring.

Nutritionists in the health industry often discuss different superfoods that provide extra nutrients for your body. Many times, these foods include fruits and vegetables, nuts and fish. And while these foods are necessary in our lives, I know that when I serve my family Nebraska beef, it is also a “superhero” among the superfoods on their plate. In just 3 oz. of beef, you receive nearly 50% of your daily value of protein and 10 essential nutrients, with only 170 calories. But this protein-packed “superpower” isn’t the only thing I want to touch on in this

article. I want to focus on one additional power that has given Nebraska not only the title of the Cornhusker State, but the Beef State as well.

Beef’s second superpower is the rumen. The first and largest of four stomachs, cows use their rumen to break down and digest grasses and plants. This process turns the otherwise nutrition-less grass into lean, juicy steak. The rumen acts like a giant fermentation vat. It is here that the hay and grass consumed by cattle meets a host of microorganisms that break down the hard-to-digest fibers. In turn, these rumen microbes release nutrients from the grass, or even become nutrients themselves. Just like that, the cow is provided the energy and protein she needs to grow.

Nebraska is comprised of 49.5 million acres of land, with 46% of that land classified as pasture or rangeland. This is ground that, due to topography, precipitation, soil type, etc. is deemed unreasonable to farm. And while we as humans couldn’t use this land to grow, harvest, and eat the food the land produces, cattle can. Grass is the primary food source grown in these unfarmable areas. From a human food perspective, these grasslands don’t

provide us with much. Our stomachs can’t break down the tough cellulosic fibers that plants consist of, so any grass we would be able to eat would pass right through without providing much benefit. Luckily, this is not the case for cows.

The power of the rumen allows grazed land, which otherwise would have had minimal value, to feed more people than would have otherwise been possible. In addition to Nebraska’s pasture and rangeland, we produce more than one billion bushels of corn per year, 40% of which is fed to

livestock in our state. Pair this with our abundant water resources and it’s easy to see why Nebraska is ranked #1 in commercial red meat production in the U.S. This unique relationship between human, animal, and land is what makes Nebraska the undisputed Beef State, and May a month to celebrate for all Nebraskans.

Ben Beckman is a beef systems Extension Educator based in the Cedar County Extension office in Hartington. You can reach him by phone: (402) 254-6821 or email: ben.beckman@unl.edu

Loss

(continued from page 3A)

diagnosis methods carry more risk than others regarding early pregnancy loss. Currently, there are 3 options available for pregnancy diagnosis: transrectal palpation, transrectal ultrasound, and a blood test. Obviously, a blood test is the least invasive method but results are not immediate and that may not be practical for producers wanting to sort females on pregnancy check day.

Transrectal palpation and transrectal ultrasound allow for immediate results but pose a greater risk for early pregnancy loss and can vary greatly based on stage of pregnancy and skill of the technician. Additional research conducted at Colorado State University found that transrectal palpation between days 42 - 74 had greater fetal losses (2.68 vs 1.38%) than transrectal ultrasound, and that heifers evaluated by inexperienced technicians had greater fetal losses than those evaluated by experienced technicians (2.07 vs 1.06%). It was also found that heifers evaluated prior to 53 days had nearly a 3 fold increase in pregnancy loss than those evaluated after 53 days of pregnancy (3.46 vs 1.26%). While an experienced technician can determine pregnancy by transrectal ultrasound as early as 25 - 30 days or by transrectal

palpation by 35 - 45 days, pregnancy diagnosis prior to 40-50 days of pregnancy carries an increased risk of disturbing those fragile early stages of development.

Nutrition at Breeding

It is well established that deficiencies in protein and energy at breeding time has detrimental effects on fertility. Traditionally, it is recommended that cows should be at a BCS of 5 and 1st calf heifers should be at a BCS of 6 at calving for optimal reproductive performance. Managing cows and heifers to be on a positive plane of nutrition at the time of breeding is essential for the establishment of pregnancy.

Studies at University of Nebraska have found that thin cows, that are on an increasing plane of nutrition and gaining weight, can have equivalent pregnancy rates as cows in moderate condition that are maintaining their body weight at breeding. However, thin cows that are determined to be losing condition can have a reduction in pregnancy rates up to 30% which may be a result of embryonic loss or anestrous at the time of breeding. Having a sound nutritional program is key to optimizing reproductive function during the breeding season.

Beef. It’s What’s for Dinner. shares tips for beef safety at home

With more time at home, consumers can confidently reach for beef as a reliable staple to nourish themselves and their families. Beef is not only an excellent source of protein; it also provides bodies with the strength to thrive throughout all stages of life.



reliable staple to nourish themselves and their families. Beef is not only an excellent source of protein; it also provides bodies with the strength to thrive throughout all stages of life.

Wash all utensils, cutting surfaces and counters after contact with raw meat. Preparing

Always use a meat thermometer. Ground beef should be cooked to an internal temperature of 160°F.

Steaks and roasts should be cooked to an internal temperature of 145°F.

Don’t forget to refrigerate leftovers within two hours after cooking.

“Beef is a nutrient rich protein that can be a great freezer staple for a variety of dishes and meals,” said Alisa Harrison, senior vice president of Global Marketing and Research at the National Cattlemen’s Beef Association, a contractor to the Beef

Checkoff. “With a few simple tips when it comes to storing, handling and cooking beef at home, families can feel confident that their beef meals will be delicious and flawlessly prepared.”

When you’re ready to get cooking, check out more information on safe handling, hundreds of recipes, and even online cooking lessons. With step by step instructions and tips for a dozen different cooking methods, from grilling to pressure cooking, the cooking lessons are a great resource for all levels of home chefs.



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reliable staple to nourish themselves and their families. Beef is not only an excellent source of protein; it also provides bodies with the strength to thrive throughout all stages of life.

To ensure consumers are armed with knowledge to have the best eating experience with beef, the Beef Checkoff is here to provide some quick tips on how to safely handle and prepare beef when cooking at home.

Storing Beef

Refrigerate or freeze beef as soon as possible after purchasing. Ground beef can safely be stored in the refrigerator for one to two days before cooking or freezing. Once in the freezer, ground beef can be stored for three to four months before quality is impacted.

Steaks and roasts can safely be stored in the refrigerator for three to five days before cooking or freezing. Once in the freezer, steaks and roasts can be stored for four to 12 months before quality is impacted.

If you plan on freezing, repackage your beef into the right-size portion for upcoming meals.

For longer storage, remove beef from original packaging and place into freezer bags or similar air-tight packaging to remove as much air as possible.

Defrosting

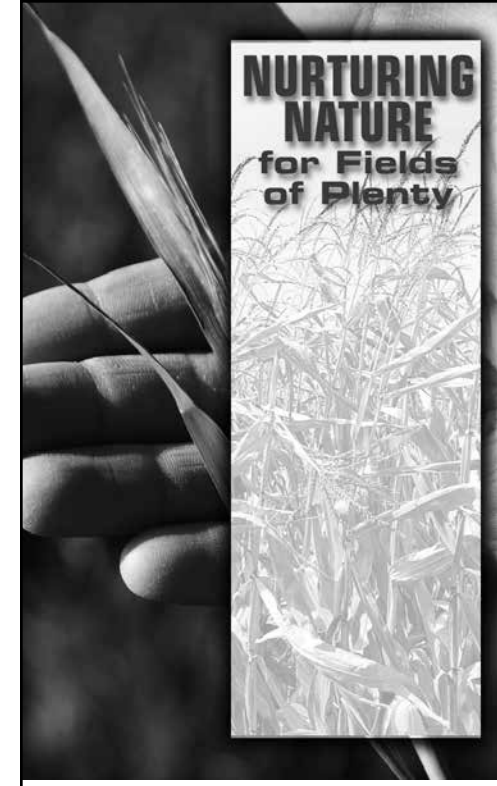
Defrost beef in the refrigerator, never at room temperature.

Account for 12 to 24 hours to defrost ground beef and steaks.

Use a plate or tray to catch any juices.

Handling

Wash hands well in hot, soapy water before and after handling raw meat and other fresh foods.





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**The Wayne Herald
May 20, 2021 - 1B**

Governor proclaims May as 'Beef Month'

Governor Pete Ricketts recently proclaimed May as "Beef Month" in Nebraska at Misty's Steakhouse in downtown Lincoln. He was joined by Nebraska Department of Agriculture (NDA) Director Steve Wellman, Nebraska Beef Council Chairman George Cooksley, and Nebraska Cattlemen President William Rhea III. At the ceremony, the Governor encouraged Nebraskans to take part in the 2021 Good Life Good Steaks Beef Passport program organized by the Nebraska Beef Council. "Nebraska has long been known as the Beef State," said Gov. Ricketts. "Our cattle industry grows Nebraska by generating over \$10 billion in cash receipts each year. The new Beef Passport program gives Nebraskans the opportunity to support our ranchers by dining on delicious cuts of Nebraska beef." Through the Beef Passport program, Nebraskans can qualify for prize drawings by dining at 41 participating restaurants across the state that serve premium Nebraska beef. Diners will receive a stamp on their passport for each restaurant they visit. Stamps can be collected now through Sept. 7, 2021. To order a passport, see a list of participating restaurants, and get information on program rules and prizes, go to www.goodlifegreatsteaks.org.



Gov. Ricketts (holding proclamation), NDA Director Steve Wellman (far left) Nebraska Beef Council Chairman George Cooksley (left of Governor) and Nebraska Cattlemen President William Rhea III (right of Governor).

Promoting beef from Nebraska overseas

The Nebraska Department of Agriculture (NDA) has, in 2021, pursued several events to promote beef from Nebraska. With the ability to travel still sidelined, NDA has partnered with allies such as the University of Nebraska-Lincoln (UNL) and the U.S. Meat Export Federation (USMEF) to carry out promotional and educational events.

United Tastes – Vietnam March 18, 2021. On March 18, the United States Consulate in Ho Chi Minh City, Vietnam held “United Tastes,” an in-person event highlighting U.S. agriculture and U.S. products. The event was open for media as well as invited guests in the food and beverage sector of Vietnam and kicked off a broader marketing campaign to highlight high quality U.S. food. NDA, with the help of in-country USMEF representatives, reserved a beef sponsorship spot at the event to showcase beef from Nebraska for display and taste. Approximately 40-50 people attended this event with more engaging online and via social media.

Beef from Nebraska: “Pasture to Plate” – Taiwan March 29, 2021. On March 29, the Nebraska Department of Agriculture hosted a virtual event entitled, “Beef from Nebraska: Pasture

to Plate.” The purpose of this event was to educate on and promote beef from Nebraska and connect and reconnect with local importers, retailers and restaurants in Taiwan. NDA partnered with the Taipei Economic and Cultural Office in Denver, Colorado at the inception of this event and then received assistance and support from the in-country representation for USMEF as well as the Agricultural Trade Office at the American Institute of Taiwan.

During the event, USMEF provided an update for the Taiwanese market, Beef Council member Jeff Rudolph and his daughter, Jessie, provided remarks from a producer and feeder perspective and Dr. Chris Calkins of UNL gave a presentation to the group on quality beef from Nebraska. Finally, NDA provided more information on packers and process in Nebraska and necessary contacts for purchasing. Throughout the event there were approximately 20-25 guests that logged on.

Nebraska – Vietnam Agriculture Discussion April 6, 2021. On April 6, the Nebraska Department of Agriculture in partnership with the U.S. Embassy in Hanoi hosted a virtual event highlighting the agriculture relationship between Nebraska and Vietnam.

This event was focused on Nebraska

agriculture as a whole and consisted of government officials from Vietnam’s Ministry of Agriculture and Rural Development and Vietnam agriculture companies as well as buyers and importers.

Pre-recorded remarks by Governor Pete Ricketts were played and U.S.

Ambassador to Vietnam Daniel Kritenbrink, a native Nebraskan, also spoke. NDA was pleased to have Beef Council Executive Director, Ann Marie Bosshamer participate to provide a perspective on beef from Nebraska to the audience. Approximately 50-60 guests logged on to this event.



US Embassy meeting in Hanoi, Vietnam highlighting Nebraska agriculture.



Tailgate Talks celebrates its first anniversary during Beef Month

May is National Beef Month, and Nebraska Extension is celebrating the first anniversary of Tailgate Talks, a YouTube channel aimed at beef producers.

As part of the celebration, there will

be a featured video message on the Tailgate Talks channel and a giveaway to its subscribers to commemorate the channel’s success and emphasize the importance of the beef industry in Nebraska, home to the top three beef



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cow counties in the U.S. — Cherry, Custer and Holt Counties.

Tailgate Talks, which launched last May when the pandemic hit, features informative videos on timely topics geared toward cattle producers and allied industry personnel.

Each topic is related to beef cattle management that points producers to available resources and additional information in a concise format.

“In today’s world, we have access to a wealth of information but limited time to consume it,” said Erin Laborie, Nebraska Extension beef systems educator.

“Since we were unable to do in-person programming with beef producers when the pandemic hit, we turned to other methods as a way to share research-based information, one of which was the development of the Tailgate Talks video segments,” Laborie said.

Past topics include drought man-

agement, nutrition, breeding and pregnancy in cows, fly control and backgrounding calves, among others. Videos are produced biweekly and last approximately two to three minutes.

“Time is one of our most valuable resources, and it can be challenging for beef producers to find the time to invest in continuing education,” Laborie said.

Laborie is co-creator of Tailgate Talks along with Sydney O’Daniel, former Nebraska beef Extension educator.

Currently, videos are produced by Laborie and Hannah Greenwell, Nebraska beef Extension educator, as well as other invited Nebraska Extension educators who talk about topics related to their field.

To subscribe to Tailgate Talks, visit: <https://go.unl.edu/tailgatetalks>. For more information, contact Laborie at erin.laborie@unl.edu.

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Cattlemen's Ball coming to Columbus

By Crystal Klug,
2021 Cattlemen's
Ball Promotions Chairman



For beef producers and patrons alike, the Cattlemen's Ball of Nebraska is one of the social highlights of the year.

Scott and Pat Mueller have been involved with the Cattlemen's Ball since its inception in 1997. Pat served on the Activities Committee for the first three years, and the couple always thought this unique event should be in Columbus someday. The Cattlemen's Ball of Nebraska, Inc. is a 501(c)(3) charity, raising millions of dollars for cancer research.

In 2017, Scott decided to make 'someday' a reality and contacted the Cattlemen's Ball advisory committee to pitch Columbus as a destination for the event. "My intent was never to host the ball, but offer a location to hold it," recalls Scott. "When the Advisory Committee came to Columbus to look at potential sites that day, they were under the assumption my family would host. I agreed and then went home and told my wife," he laughs.

Although Pat was not initially impressed with Scott's latest "project" the Mueller soon embraced the challenge and began forming committee in

August 2018. By the time March 2020 hit, volunteers were in full force. Then COVID hit.

"Initially our team was disappointed because so much time and effort had already been done, but canceling was never an option, and we collectively decided postponing to 2021 was the only choice," Scott says. Volunteers were very gracious in extending their duties another year."

In December 2020, with COVID numbers at a high in Nebraska, Scott made phone calls to find out the direction of the 2021 ball and was surprised with the feedback. "After reaching out to the University of Nebraska Medical Center, the Governor's office and East Central Health District, my conversations were overwhelmingly positive," he explains.

"With our event taking place outside and the likelihood of people receiv-

ing the vaccine by June 1, there was no hesitation from anyone about not being able to host the ball at full capacity."

Volunteers are currently hard at work again, and Mueller says it's been rewarding to bring people together, many who have never met each other, and work toward a common cause - raising money for cancer research. "Cancer is such a personal thing. Every one of us is impacted directly or indirectly by this terrible disease. I'm looking forward to seeing what we are capable of doing as a team and watching what can happen when we all pull in the same direction," he says.

Highlights of this year's even include Nebraska Bush Pullers, concerts by Tracy Byrd, Easton Corbin and local favorite SideStep, and of course, beef on the menu.

The Cattlemen's Ball of Nebraska is a 501(c)(3) charity whose mission is to raise money for cancer research. Ninety percent of the profits benefit the Fred & Pamela Buffett Cancer Center in Omaha, with 10% donated back to local communities' health and wellness programs.

The Cattlemen's Ball has become one of the Midwest's premier events, raising millions of dollars for cancer research. Held in a different and unique location each year, the Cattlemen's Ball gives host communities the opportunity to showcase their area of the state. Hundreds of volunteers, donors, patrons and friends come together for one unforgettable weekend in June when thousands of guests attend the Ball under the big top tents, beneath the stars.

Since it began in 1998, the

Nebraska Cattlemen's Ball has raised over \$14,750,000 to support cancer research. The first ball was held at the Graff/Snover Ranch at Ainsworth and since that time has been held in various locations across the state.

The Mueller family and 2021 Cattlemen Ball of Nebraska volunteers invited you to join them for an unforgettable weekend in Columbus June 4-5, as they work together to fund cancer research and find a cure. For lodging, concerts and events, or ticket information, visit www.cattlemensball.com

Summertime Beef Meatloaf

Conceived by cattle farmer and blogger, Anne Burkholder, this meatloaf is different than the rest with an unexpected twist of herb stuffing mix and tomatoes on the inside.

2 pounds ground beef (93% lean or leaner)

2/3 cup seasoned dry bread crumbs

2 large eggs

1-1/2 teaspoons freshly ground black pepper

1 cup savory herb stuffing mix

2 large sliced tomatoes

Preheat oven to 350°F. Line rack on broiler pan with aluminum foil. Combine ground beef, bread crumbs, eggs and pepper in medium mixing bowl, mixing gently but thoroughly. Shape half of beef mixture into 8 by 4-1/2-inch loaf on prepared rack. Top beef with stuffing mix and half the tomatoes; gently pressing into beef. Top with remaining beef mixture, pressing to completely cover stuffing and tomatoes. Seal edges of meatloaf. Top meatloaf with remaining tomato slices.

Bake uncovered in 350°F oven 1-1/2 hours or until instant-read thermometer inserted into center registers 155°F. Turn broiler to high. Broil meatloaf for 5 minutes or until tomatoes are caramelized and instant-read thermometer registers 160°F. Let stand 10 minutes before cutting.

Young Nebraska woman herding family, career and cattle

Western heritage has painted the picture of a rugged cowboy on the ranch. However, according to the most recent Agriculture Census, more than 230,000 farms or ranches across America have a woman at the helm.

Terryn Drieling, a Nebraska rancher, is one of the thousands of women across the country who produce delicious high-quality beef.

Drieling, 36, and her husband, live and work on a large ranch in the Sandhills of Nebraska. Drieling

spends her days caring for the land, cattle and their three young children, and still finds time to manage a family business and various social media profiles.

"Ranching and raising beef cattle is more than our livelihood: It's our passion. It's what lights our fire and gets us out of bed in the morning. It's our calling," she said.

The ranch is always a busy place as the family works through weather and temperature swings and the demand



Nebraska Cattlemen appreciate Beef Month designation

Governor Pete Ricketts once again proclaimed May as "Beef Month" in Nebraska and announced the new Beef Passport Program. While beef is the headline protein for cattlemen and consumers year-round, Nebraska Cattlemen is grateful for this designation.

The Nebraska Beef Passport program features 40 restaurants throughout the state that offer beef on their menus. The program was designed to increase domestic demand by driving people back into restaurants across the state.

Nebraska is an unmatched leader in delivering high quality beef to those who love it, with the best people in the business each step along the way. Families still serve as the hub of the state's number one industry with 98% of farms and ranches being family owned.

Farms and ranches across the state are multigenerational – with the legacy of conservation and animal care being handed down from generation to generation.

"The beef community is the heart of Nebraska. With a continued focus on conservation and care, Nebraska farmers and ranchers are laser

focused on enriching the land and caring for their animals. On behalf of Nebraska Cattlemen members, we thank Governor Ricketts for once again declaring May as BEEF month and hope everyone celebrates with beef today – and every day." William H. Rhea III – President, Nebraska Cattlemen

Cattlemen and women take great pride in the way they care for their animals and the environment with a long-standing commitment to sustainably providing families with the safest, highest-quality beef possible. For beef farmers and ranchers, that means using modern techniques to raise cattle under optimal environmental conditions. For consumers, it means knowing the beef they buy is wholesome and delicious.

The Nebraska Cattlemen association serves as the representative for the state's beef cattle industry and represents professional cattle breeders, ranchers and feeders, as well as county and local cattlemen's associations. Its headquarters are in Lincoln with satellite offices around the state to best serve members.



of caring for cattle. May marks the beginning of calving season, and family is even busier as they help cows give birth and tend to the calves' needs throughout summer.

In addition to the family's dedication to animal care, Drieling and her family, like beef farmers and ranchers across the country, are committed to preserving the land they live on and keeping their operation environmentally sustainable. They move the cows and their calves every 3-5 days through their growing season grazing rotation. The grazing rotation – or

grazing plan – is mapped out at the start of every year and helps ensure they are not over-using the land, but rather are helping to improve the soil health. The plan considers what has taken place in past years, grass quality and availability and herd events like calving season.

"While it is a plan and nothing is set in stone, having this grazing plan year-in and year-out helps us make the best decisions we can for the land and livestock in our care," said Terryn. "No matter what Mother Nature throws at us, we're better prepared."

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Combining Mediterranean diet with lean beef may lower risk factors for heart disease

Eating red meat may have a bad reputation when it comes to heart health, but new research from Penn State University found that lean beef may have a place in healthy diets, after all.

In a randomized controlled study – which was recently published in the American Journal of Clinical Nutrition – researchers found that when incorporated into a Mediterranean diet, small portions of lean beef helped lower risk

factors for developing heart disease, such as LDL cholesterol.

Jennifer Fleming, Ph.D., assistant teaching professor of nutrition at Penn State, said the study suggests that healthy diets can include a wide variety of foods, such as red meat, and still be heart friendly.

“When you create a healthy diet built on fruits, vegetables, and other plant-based foods, it leaves room for moderate amounts of other foods like



Mediterranean beef meatball kabob lean beef,” Fleming said. “There are still important nutrients in beef that you can benefit from by eating lean cuts like the loin or round, or 93 percent lean ground beef.”

David J. Baer, Ph.D., research leader at the United States Department of Agriculture – Agricultural Research Service and study co-principal investigator, added “this study highlights the importance of including lean beef in a Mediterranean dietary pattern that can yield heart-healthy benefits.”

According to the researchers, red meat such as beef has been associated with an increased risk for cardiovascular disease in previous studies. But it has remained unclear whether red meat actually causes these effects or if they are actually caused by other diet and lifestyle choices that people engage in alongside red meat consumption.

Additionally, the researchers said many studies have combined both fresh and processed meats together when evaluating red meat consumption and health. Processed red meats have a very different nutrient profile than fresh meat – for example, processed meat products are much higher in sodium – that could explain the red meat research that has been reported.

“The Mediterranean diet is traditionally low in red meat,” Fleming said. “But, knowing that many Americans enjoy red meat, we wanted to examine how combining lean beef with the Mediterranean diet would affect cardiovascular risk markers.”

The study included 59 participants.

Every participant consumed each diet for four weeks each, with a one week break between each diet period, and blood samples were drawn at the beginning of the study as well as after each diet period.

Three of the four diet periods contained different amounts of beef to a Mediterranean diet plan, which provided 41% calories from fat, 42% from carbohydrates and 17% from protein. In addition to the control average American diet, one diet provided 0.5 ounces of beef a day, which is the amount recommended in the Mediterranean diet pyramid. A second diet provided 2.5 ounces a day, which represents the amount an average American eats in a day, and the third experimental diet included 5.5 ounces a day, which previous research connected with certain heart health benefits.

All three Mediterranean diet periods included olive oil as the predominant fat source, three to six servings of fruits, and six or more servings of vegetables a day. The beef included in these diet periods was either lean or extra-lean.

Fleming said they were able to use a special technology called nuclear magnetic resonance -- or NMR technology -- to measure the number and size of lipoprotein particles. She said this study was one of the first randomized controlled trials of the Mediterranean diet to use the technique.

“This is important because there is growing evidence to suggest that LDL particle number is more strongly associated with cardiovascular disease risk than total blood LDL concentrations alone,” Fleming said. “Moreover, we were able to identify changes in apolipoproteins, specifically apoB, which are also associated with increased CVD risk.”

After the data were analyzed, the researchers found that partici-

See DIET, page 5B

Exploring the beef life cycle of animals

The journey of raising beef is among the most complex of any food. Due in part to their changing nutritional needs throughout their lifetime, beef cattle often times will change hands and ownership up to three or four times, over the course of one and a half to three years, as they move through their various life stages.

Across this process, however, one important thing remains constant – and that’s the beef community’s shared commitment to raising cattle in a safe, humane and environmentally sustainable way. Working together, each segment of the beef lifecycle aims to make the best use of vital natural resources like land, water and energy - not just

for today, but also for the future. The result is a delicious and nutritious food you can feel good about serving your family and friends.

Let’s explore how beef gets from pasture to plate, including what cattle eat and several popular breeds in the U.S.

The beef lifecycle: From pasture to plate

Cow-calf farm or ranch: Raising beef begins with ranchers who maintain a herd of cows that give birth to calves once a year. When a calf is born, it typically weighs 60 to 100 pounds. Over the next few months, each calf will live off its mother’s milk and graze on grass pastures.

Weaning:

Calves are weaned from their mother’s milk at 6 to 10 months of age when they weigh between 450 and 700 pounds. These calves continue to graze on grass pastures and may begin receiving a small amount of supplemental plant based feed for extra energy and protein to help them grow and thrive.

Stocking and backgrounders:

After weaning, cattle continue to grow and thrive by grazing on grass and pastures with ranchers providing supplemental feed including vitamins and minerals to meet all of their nutritional needs.

Livestock auction markets:

After weaning and/or during the stocker and backgrounder phase, cattle may be sold at livestock auction markets.

Feedyard:

Mature cattle are often moved to feed yards. Here cattle typically spend 4 to 6 months. They are free to graze at feed bunks containing a carefully balanced diet made up of roughage (such as hay and grass), grain (such as corn, wheat and soybean meal) and local renewable feed sources (more about that in the next section). Veterinarians, nutritionists and pen riders work together to provide individual care for each animal.

Packing plant:

Once cattle reach market weight (typically 1,200 to 1,400 pounds at 18 to 22 months of age), they are sent to a packing plant (also called a processing facility). United States Department of Agriculture (USDA) inspectors oversee the implementation of safety, animal welfare and quality standards from the time animals enter the plant until the final beef products are shipped to grocery stores and restaurants.



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Diet

(continued from page 4B)

pants all had lower LDL cholesterol following the Mediterranean diet periods compared to the average American diet. But while the total numbers of LDL particles were significantly reduced following all three Mediterranean diet periods, they were only significantly decreased when following those periods that included 0.5 or 2.5 ounces of beef a day compared to the average American diet.

Additionally, non-HDL cholesterol and apoB -- a protein involved in lipid metabolism and a marker of CVD risk -- were lower following all three Mediterranean diet periods compared to the average American diet.

Fleming said the study underscores the importance of consuming healthy, well-balanced diets.

“Our study helped illustrate the benefits associated with a healthy Mediterranean dietary pattern that embodies balance, variety and the inclusion of nutrient-rich components, which can include low to moderate amounts of lean beef,” Fleming said.

Penny Kris-Etherton, Evan Pugh

University Professor of Nutritional Sciences, Kristina Petersen, Assistant Professor of Nutritional Sciences at Texas Tech University, and David Baer, research leader at the U.S. Department of Agriculture Agricultural Research Service also participated in this work.

The Beef Checkoff, U.S. Department of Agriculture, Agricultural Research Service, Penn State Clinical and Translational Research Institute, and National Institutes of Health/National Center for Advancing Translational Sciences helped support this research.

The Beef Checkoff Program was established as part of the 1985 Farm Bill. The checkoff assesses \$1 per head on the sale of live domestic and imported cattle, in addition to a comparable assessment on imported beef and beef products. States may retain up to 50 cents on the dollar and forward the other 50 cents per head to the Cattlemen's Beef Promotion and Research Board, which administers the national checkoff program, subject to USDA approval.

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